

Salmon with Cilantro-Basil Pesto

Prep Time: 20 minutes

Cook Time: 10-12 minutes

Total Time: 30 minutes

Servings: 4

Serving Size: 1 (6 ounces) salmon filet + 1 tablespoon pesto

Ingredients:

4 (6-ounce) wild caught salmon filets
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon garlic granules
1 tablespoon extra virgin olive oil

Cilantro-Basil Pesto:

2 cups fresh cilantro
1 cup fresh basil
1/3 cup pine nuts, cashews, or pumpkin seeds
2 cloves garlic, peeled
½ teaspoon salt
¼ cup extra virgin olive oil

Directions:

1. Start by making your pesto. Place nuts or seeds in your food processor and processing until fine.
2. Then add garlic, ½ teaspoon salt, cilantro and basil and process again while slowly drizzling in the olive oil while your machine is running until you reach your desired consistency. You may not use all the olive oil and you may need a little more – just use your judgment.
3. Pour pesto into a large bowl and set aside.
4. Sprinkle salmon filets evenly with salt, pepper, and garlic powder.
5. Heat a large skillet over medium high-heat and add the olive oil. Tilt to coat and once hot, add your salmon filets skin side up. (Alternatively you can grill or bake your salmon if you prefer.)
6. Sear salmon for 4 minutes, then flip over, turn heat down to medium and place lid on pan but leave a tilt so that the air can escape a bit. Allow to cook for an additional 6-8 minutes.
7. Remove from pan and serve with 1 tablespoon pesto.

Tips and Tricks:

You will have leftover pesto, this keeps well in an airtight container in the fridge for up to 2 weeks. Pair it with organic chicken, turkey, or pork or another fresh, wild caught seafood. This pesto also tastes good smeared on grilled, steamed, or roasted vegetables.

Nutritional Information Per Serving:

Calories: 348
Fat: 23 g
Cholesterol: 85.5 mg
Sodium: 784.7 mg
Total Carbohydrate: 2.4 g
Dietary Fiber: 0.8 g
Sugars: 0.4 g
Protein: 36.2 g