

Trim Healthy  
W I S D O M

## Pearl's Best Ever Salmon (S)

*(P – I eat this salmon at least three times a week and I never tire of it. I taught my daughter Autumn how to make this recipe, she took a real shine to it and makes it frequently for herself now. She was the one who invented the snipped salmon version, which takes very little cooking time... just 10 – 12 minutes! She is very much a purist like her Aunty Serene, so she only uses Sockeye salmon, which she thaws from frozen. Sockeye is drier than Atlantic salmon, so she adds about 1 tsp. of coconut oil to her baking pan for her snipped version - feel free to do that for added succulence, whether using Sockeye or Atlantic.)*

Single Serving

### INGREDIENTS:

- 4 – 6 ounces fresh or thawed from frozen salmon filet, left whole or snipped into small pieces with scissors
- dark chili powder (to taste)
- [TH Mineral Salt](#) (to taste)
- [TH Nutritional Yeast](#) (to taste)
- dried rosemary (optional; for sprinkling)

### INSTRUCTIONS:

1. Preheat oven to 415 degrees.
2. Generously spray a small baking dish with coconut or olive oil cooking spray.
3. Generously season one side of the salmon with the seasonings, place that side down in the pan (if using skin-on salmon, this would be the skin side) then season the top side.
4. Cover the pan with a lid and bake for 10 – 12 minutes for snipped pieces or 17 – 20 minutes for whole filet.



### Stove Top Option:

An alternative to baking this salmon is to use the stovetop.

1. Place a small or medium-sized, healthy-style fry pan on medium/high heat. Add 1 tsp coconut oil or butter. Once the butter or oil is hot and ready, place the seasoned side of the fish down (the skin side if using skin-on salmon).
2. Season the top side while the bottom side is cooking. After 2 – 3 minutes, use a spatula to lift the salmon from the pan. Add another ½ tsp butter or oil to the pan, then flip the salmon over into the fresh oil.
3. Cook for another 1 – 2 minutes, then turn the heat to low/medium, place the lid on the pan, and cook until the salmon is done to your liking... best if it's just done on the inside but not overcooked.

### Protein Nerd Notes:

The 4 – 6 ounces of salmon or chicken fully provide your Protein Nerd Level 3 requirements, although feel free to pair it with *Side Protein & Fiber Chocolate Milk* to fill up further.