

orange dill roasted salmon

MAKES 4 servings

COOK TIME: 15-20 minutes

4 (4 oz) wild Alaskan salmon fillets,
washed and patted dry
2 Tbsp Blood Orange Extra Virgin Olive Oil
or plain extra virgin olive oil
1 tsp Old Bay Seasoning
1 tsp dill
Sea salt, to taste
Black pepper, to taste

PREHEAT oven to 400°F.

DRIZZLE 1½ tsp olive oil on each salmon fillet and brush evenly over the top.

SPRINKLE each fillet with ¼ tsp Old Bay seasoning and ¼ tsp dill.

PLACE in shallow oven-proof baking dish sprayed with non-stick cooking spray.

BAKE in pre-heated oven for 15-20 minutes, checking fillets halfway through. Salmon should separate into layers when done.

ADD salt and pepper to taste.

MAKE IT A MEAL: serve over sautéed spinach and with blueberries and baked sweet potato fries.

[Alexia Sweet Potato Fries](#) are a good store-bought option or you could bake your own sweet potatoes to round out this heart protecting meal.



sautéed spinach

MAKES 2-3 servings

COOK TIME: 4 minutes

12-16 oz fresh organic baby spinach

1½ Tbsp extra virgin olive oil

1-2 cloves fresh garlic, minced
(depending on how garlicky you like it)

Sea salt and black pepper, to taste



HEAT olive oil over medium-high heat in a large skillet.

ADD garlic, stirring while it browns for 30-60 seconds.

ADD all of the spinach to the pan, allowing it to sit for 30-60 seconds until it begins to wilt on the bottom.

CAREFULLY turn spinach, bringing the spinach on the bottom up to the top.

ALLOW spinach to continue to wilt, stirring occasionally for 2-3 minutes.

COOK 1-2 minutes more until desired doneness is achieved.

ADD salt and pepper, to taste.

MAKE IT A MEAL: plate spinach and top with roasted salmon fillet and serve with blueberries and baked sweet potato fries.

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