

salmon & swiss chard skillet

Makes 3-4 servings

PREP TIME: 5 minutes

COOK TIME: 20 minutes

1 lb salmon fillets
1 Tbsp butter or ghee, grass-fed preferred
2 cups mushrooms, sliced
8-10 cups Swiss chard (about 2 bunches), chopped,
leaves and stems separated
2 cloves garlic, minced
1 tsp smoked paprika
½ tsp salt
½ tsp black pepper
zest and juice of ½ lemon

NOTE: Frozen mushrooms work well in this recipe as a shortcut and to reduce the need for adding additional water or oil to the skillet.

HEAT a large skillet over medium high heat. Add butter.

SEASON salmon with salt, pepper and smoked paprika, and add it to hot skillet. Cook 4-5 minutes per side until flaky, then transfer to a plate.

ADD mushrooms to the same skillet and cook for 5-7 minutes until browned and softened. Add a splash of water or oil if needed to prevent burning.

ADD garlic and cook for 30-60 seconds before adding chard stems. After 1 minute, add chard leaves and cook for an additional 2-3 minutes until wilted and tender.

TURN off heat. Flake the salmon into large pieces and return it to the skillet. Add lemon zest and juice.

GENTLY fold everything together and serve with cracked pepper and extra lemon.

