

Pan Seared Salmon with Sautéed Mushrooms

5 salmon filets (4-ounce filets each)
2 T. coconut oil
1 T. salt (I chose pink Himalayan salt)
16 ounces portobello mushrooms
1 t fresh minced garlic
1 t fresh minced rosemary leaves or 1 tsp dried

Salmon

Thaw out or use fresh wild caught salmon. Preheat the skillet at a medium high heat. Salt each filet, covering evenly. Add 1 T. of coconut oil to the pan, then place the salmon filets skin side up on a hot skillet on medium high heat. Cook for 4-5 minutes and then flip to skin side down for another 4-5 minutes.

Remove from heat.

Mushrooms

Place 1 T. of coconut oil on the skillet. Add 16 ounces of portobello mushrooms and sauté for 6-8 minutes on medium high heat. Turn off the heat and add 1 t. fresh minced garlic and Rosemary to the mushrooms, and 1 t. of balsamic vinegar. Mix and take off the heat.

Lay these two preparations onto individual plates with a side salad of kale or another green, and a splash of olive oil and balsamic vinegar.

This is a savory delicious meal that supports the uptake of vitamin D and herbs to strengthen and support the immune system.

Recipe by Kelly Pomeroy