

Mark's Kitchen

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Grilled Salmon with Cumber Salad

Serves: 4

Ready in: 25 minutes

I serve this meal for weekend brunch because the dill and the caraway are so refreshing and uplifting - it's just how I want to feel on any given Sunday. Filled with healthy fats and fresh ingredients, this dish will leave you feeling satisfied and nourished and ready to embrace your weekend warrior.

Ingredients:

- 1/4 cup apple cider vinegar
- 1 tablespoon caraway seeds
- 1 tablespoon yellow mustard seeds
- 3/4 teaspoon sea salt
- 1/4 teaspoon, plus a pinch freshly ground black pepper
- 2 large seedless cucumbers, thinly sliced
- 4 (6-ounce) boneless, skin-on wild salmon fillets
- 5 1/2 ounces baby arugula
- 1 Belgian endive, thinly sliced
- 1/2 cup chopped fresh dill, plus more for garnish
- 1 tablespoon almond oil or extra-virgin olive oil
- grated zest and juice of 1 lemon

Step 1: Combine the vinegar, caraway seeds, mustard seeds, 1/2 teaspoon salt and a pinch of black pepper in a large bowl. Add the cucumbers and stir to coat. Let stand, stirring occasionally, while you prepare the salmon.

Step 2: Heat a well-seasoned stovetop grill pan or large skillet over medium heat. Sprinkle the flesh side of the salmon fillets with 1/4 teaspoon each of the salt and pepper. Place the fillets, skin-side up, in the pan and cook until the flesh releases

easily from the bottom, about 5 minutes. Turn and cook until the salmon is just opaque throughout, about 4 more minutes.

Step 3: While the salmon cooks, toss the arugula, endive, dill and oil with the cucumber mixture.

Step 4: Divide the salad among four plates. Top each with a salmon fillet and garnish with the lemon zest, lemon juice and dill. Serve immediately.

Nutritional analysis per serving: Calories: 339, Fat: 16 g, Saturated Fat: 2 g, Cholesterol: 94 mg, Fiber: 3 g, Protein: 37 g, Carbohydrates: 13 g, Sodium: 525 mg

It's time to end the war on healthy fats! I hope you will join me and over 30 of my colleagues and friends for [The Fat Summit 2: Separating Even More Fat From Fiction.](#) It all starts on November 7th. Register here to join in on the conversation: <http://bit.ly/2dfn6kd>