

Lemon Butter Seared Salmon

- 2/3 lb. salmon, skin on
- 2 teaspoons butter
- 1/2 medium lemon, juiced
- 1 tablespoon minced garlic
- 1 tablespoon fresh dill
- Himalayan sea salt and pepper, to taste

1. First, prep salmon by patting with a paper towel to remove moisture. Then, season with salt and pepper, to taste.

2. Place 2 teaspoons of butter and 1 tablespoon minced garlic into a skillet and set over medium/high heat. Place salmon skin side up in the pan and sear for 4 minutes. Flip salmon and cook for an additional 3-4 minutes until barely pink in the middle.

3. Once flakey and cooked, squeeze 1/2 lemon on top of salmon and sprinkle with fresh dill. 4. Store leftovers in airtight container.

Serve with your favorite vegetable side and cup of fruit for a complete on plan meal

Serving Size = 3 ounces of salmon

