

## Simple Pan-Seared Salmon

- 1 tablespoon extra-virgin olive oil
- Himalayan salt
- Freshly ground black pepper
- 3 - 3 oz salmon fillets, 1-1/4 in thick

1. Season the salmon with the salt and a few grinds of pepper.

2. Heat the oil in a 12-inch nonstick skillet over medium-high heat until hot and shimmering. Cook the salmon, without moving, skin side up, until golden and crisp, about 4 minutes.

3. Carefully flip the fillets and reduce the heat to medium. Continue cooking until done to your liking, 4 to 5 minutes more. Transfer to a platter and serve.

Make 3 protein servings.

Serving Size = 3 ounces

Add 1 serving of on plan fruit + 2 servings of vegetables to complete the meal.

