



Solstice Salmon with pear, walnut & spinach for Menopause symptom relief

This wild salmon salad leafy spinach, salmons and salmon to help with the brain fog associated with Menopause. The Omega 3 will also help with mood swings. A good amount of protein will also help keep your bones and muscles healthy. Aim to eat at least 2 servings of omega-3-rich fatty fish weekly.

Serves: 4, Prep time: 00:20, Cook time: 00:10

Instructions

Step 1

Preheat oven to 425 F or 200 C. I use my air fryer oven to cut down on energy use or just pan fry until cooked through.

Step 2

Finely chop or grind 2 tablespoons walnuts. Combine finely chopped walnuts, 2 tablespoons olive oil, 2 tablespoons cheese, and next 5 ingredients (through 1 teaspoon water) in a small bowl. Add garlic and 1/4 teaspoon salt, stirring with a whisk.

Step 3

Sprinkle salmon with remaining 1/4 teaspoon salt and pepper. Heat a large cast-iron skillet over high. Add remaining 1 1/2 teaspoons oil to pan; swirl to coat. Add salmon, skin side down; cook 3

Ingredients

- 0.25 cups Walnuts, Toasted
- 2 1/2 tablespoon Oil, olive, Extra Virgin
- 0.25 cups Parmigiano-Reggiano cheese
- 1 1/2 tablespoon Fresh lemon juice
- 1 tablespoon White Balsamic Vinegar
- 2 tablespoon Honey
- 2 teaspoon Mustard, Dijon
- 1 teaspoon Water
- 1 teaspoon Garlic, cloves, Minced
- 0.5 teaspoon Sea Salt
- 6 ounces Wild Salmon Fillets, 4 pieces x 6oz
- 0.25 teaspoon Black pepper, ground
- 4 cups Baby Kale
- 4 cups Baby Spinach Leaves
- 1 cups Ripe pear, very thinly sliced

minutes or until skin begins to brown, gently pressing fillets. Place pan in oven (salmon should still be skin side down). Bake for 4 to 5 minutes or until desired degree of doneness.

Step 4

Combine kale, spinach, and pear in a large bowl. Add 4 tablespoons dressing; toss to coat. Divide kale mixture evenly among 4 plates, and sprinkle evenly with remaining 2 tablespoons cheese and remaining 2 tablespoons walnuts. Top each salad with 1 fillet. Drizzle fillets evenly with remaining dressing.

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Recipe from www.cookinglight.com

