

Garlic Herb Salmon Bowls

- 4 (3 oz.) skinless salmon fillets
- 4 cloves fresh garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Juice AND zest of 1 lime
- A few drops of liquid stevia, or to taste (optional)
- 1 tablespoon olive oil
- Himalayan sea salt and fresh ground black pepper, to taste

For the bowls:

- 1 ripe avocado
- 8 cups quartered cherry tomatoes
- 1-2 jalapeno peppers, sliced
- 3 green onions, sliced Lots of fresh lime wedges



1. Place all of your salmon fillets in a Ziploc bag or sealable container with the minced garlic, basil, oregano, lime juice + zest, liquid stevia and olive oil.
2. Season with sea salt and pepper, then seal the bag and toss gently to coat really well. Allow this to marinate in your refrigerator for 30 minutes up to an hour.
3. Heat a large skillet over medium heat, and add olive oil. Add salmon and cook for 3-4 minutes per side, or until golden and flaky. Cooking time depends on the thickness of your fillets.
4. To assemble your bowls, divide the garlic herb salmon equally, and top with mashed avocado or sliced avocado, cherry tomatoes, jalapeño, and green onions.
5. Squeeze lots of fresh lime over your avocado to keep it green and fresh especially if you're storing these for meal prep to eat at a later time. Before eating, squeeze everything with lime juice and season with sea salt and pepper to taste. These bowls stay great for up to 3 days refrigerated and sealed well.

Makes 4 servings.

Serving Size = 3 ounces of salmon, 2 cups of veggies of choice and 1/8 avocado.

Enjoy with 1 serving of on plan fruit to complete the meal.

