

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

WILD ALASKAN SALMON

Wild Alaskan salmon is one of my favorite sources of protein! It is full of [coenzyme Q10](#), a nutrient we need to make energy and which also protects our bodies against [oxidative stress](#). Salmon also contains astaxanthin, an antioxidant pigment which helps boost immune system activity and gives salmon its characteristic pink-orange color. Choose wild Alaskan salmon over the farm-raised variety because farm-raised fish may contain high levels of toxic man-made chemicals. Salmon is a health “knockout punch” when paired with fresh, organic spinach, which provides fiber, antioxidant vitamins, calcium and [lutein](#).

- Wild Alaskan salmon fillets
- [Coconut oil](#)
- Organic extra virgin [olive oil](#)
- Organic [spinach](#)
- Sea salt
- Pepper
- Lemon
- [Cilantro](#) or parsley

Preheat oven to 200° F. Pour olive oil into a baking pan ¼ to ½ inch high, then place salmon flesh-side down into the pan.* Add a few spoonfuls of coconut oil and cover with foil. Poach salmon for 35 to 40 minutes.

Serve salmon over a bed of fresh, organic baby spinach topped with fresh lemon juice, extra virgin olive oil, chopped fresh cilantro or parsley, sea salt and pepper. Add organic chopped tomatoes, [avocado](#) and/or red onion for color as well as extra nutrients. For a heartier meal, serve this dish with a modest portion of brown rice or red bliss potatoes.

**While olive oil and coconut oil are good for our hearts and brains, both are high in calories. For those who want to make a lighter version of this dish, try poaching the salmon in equal parts water or chicken broth and oil.*