

G O O P



DETOX

Steamed Salmon and Greens

ingredients

- small handful (roughly 1/4 cup) of your favorite leafy herbs (parsley, basil, chervil, tarragon, etc.)
- 1 6 oz. organic salmon filet
- 1 cup of your favorite fresh greens (kale, spinach, dandelion, chard, etc.)
- 1 wedge of lemon

preparation

Line your steamer with the herbs and rest the salmon filet on top. Steam for 11 minutes. Put the greens alongside the fish and steam for an additional seven minutes. Squeeze the lemon over the fish and greens and serve.