

# O'no Furikake Salmon



## INGREDIENTS

- 2 Wild Caught Salmon fillets
- 2 Tbls Olive Oil Mayo or Soy-free Veganaise.
- 1 tsp Wasabi paste (or more if you like it hot)!
- Furikake sprinkles of choice
- Teriyaki sauce of choice (coconut aminos are a soy free option)

Recipe for 2 people but can easily be multiplied for additional servings.

## INSTRUCTIONS

Prep Time :5 minutes / Cook Time :25 minutes  
Quick 30 minute dinner idea

1. Preheat oven to 350'
2. In a small bowl, mix mayo and wasabi until well blended. Spoon half the mixture over each piece of salmon and spread evenly.
3. Sprinkle "choke" (*Hawai'i slang for A LOT*) furikake over each piece of salmon so furikake sticks to mayo/wasabi mixture.
4. Pour a small amount of teriyaki sauce around the outside edge of each piece of salmon but not over the top.
5. Bake for 25 minutes
6. Serve hot out of the oven and enjoy! Also great reheated as leftovers!

### Make it a well-balanced meal

Serve with rice (brown rice preferred as a good source of magnesium, higher fiber, and slower digestion value) and steamed vegetables  
or cauliflower rice and steamed vegetables or green salad for a lower carb option.

Nutritional facts on back...

Nutritional Facts - 380 calories per serving (4 oz piece of Salmon)

19.5 g Fat / 22.6 g Carbohydrates / 25.6 g Protein

This ono (*good tasting*) recipe reminds me of my Hawai'i home, is full of flavor and numerous health benefits.

*Aside from being a great source of lean protein, salmon has numerous additional benefits for optimal health.*

Wild-caught salmon is the best source of *Omega 3 fatty acids* - Omega 3 fatty acids are an essential part of a healthy diet, protect your brain, helps reduce inflammation, blood pressure, and heart disease risk, and keeps you young by supporting healthy skin!

Wild-caught salmon is an excellent source of *vitamin B* - required for optimal brain and nervous system repair, helps convert food into energy, creates and repairs DNA, and reduces inflammation.

Wild-caught salmon is high in *potassium* which controls blood sugar and reduces your risk of strokes.

Wild-caught salmon is loaded with *selenium*, a mineral and antioxidant that plays an important role in a healthy immune system, known to lower oxidative stress (*which can lead to cell and tissue damage*), and helps reduce inflammation.

Wild-caught salmon contains *astaxanthin*, an antioxidant that may help lower the risk of heart disease, improves blood pressure, reduces LDL (*bad*) and increases HDL (*good*) cholesterol levels, protects the brain and nervous system from harmful inflammation, and beneficial for those with diabetes.

Consuming healthy lean proteins, such as wild-caught salmon, helps with weight management because it keeps you fuller longer.



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