



spice seasoning for baked salmon //

Delicious with exceptional nutritional value found in few other foods, low in calories, high in protein, omega-3 fatty acids, tryptophan, vitamin D, selenium, vitamin B3, B12, and B6, and magnesium

organic ingredients /

$\frac{1}{4}$ cup paprika

2 tbsp cayenne/ red pepper

1 $\frac{1}{2}$ tsp oregano

1 $\frac{1}{2}$ tsp dried basil

1 $\frac{1}{2}$ tsp thyme

1 $\frac{1}{2}$ tsp onion powder

1 $\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp cumin

$\frac{1}{2}$ tsp ground black pepper

for the salmon /

Preheat oven to 425 degrees.

Rinse 1-inch thick wild caught salmon filet, squeeze with fresh lemon juice and sprinkle w/ sea salt.

Pat to coat salmon filet with seasoning. Store remaining seasoning in container for later use.

Bake for 12 minutes; done when fish flakes easily when tested with a fork.

Wild-caught cold-water fish, like salmon, are higher in omega-3 fatty acids than warm water fish. In fact, the fat composition of salmon has recently been evaluated as superior not only

because of its rich omega-3 content, but also because of its great ratio of omega-3s to omega-6s and its health-supportive balance of saturated, monounsaturated, and polyunsaturated fats. Each of these features in the fat composition of salmon helps reduce risk of unwanted inflammation and help maintain the integrity of our immune and circulatory systems.