



Pan-seared Salmon, Kale Chips, and Cauliflower "Rice"

## **PAN-SEARED SALMON, KALE CHIPS, & CAULIFLOWER 'RICE'**

### **KALE CHIPS**

#### **INGREDIENTS:**

Kale - torn into bite size pieces, ribs removed, washed and dried. (I do mine in a salad spinner.)  
1 Tablespoon Sesame Oil  
1 - 2 teaspoons Tamari  
1 Tablespoon Sesame Seeds

#### **DIRECTIONS:**

I cannot stress enough how important it is to get your Kale DRY. If you don't have a salad spinner, get one. Mine is priceless! If you don't have one, use paper towels.

Place dried kale in a large bowl, and then drizzle on the oil, tamari, and sprinkle on the seed. Toss gently but well enough to coat.

Place on a cookie sheet, and bake for 20 minutes at 300°. Serve immediately.

### **CAULIFLOWER 'RICE'**

#### **INGREDIENTS:**

1/2 head cauliflower

sea salt  
pepper  
2 Tablespoons Coconut Oil  
1/2 teaspoon garlic minced  
1/2 teaspoon minced ginger  
1 lime, juiced

**DIRECTIONS:**

Prep the cauliflower by placing it in a food processor and pulse it until it has a grainy rice-like consistency. Season it with salt and pepper.

Heat a large saute pan over medium-high heat. Add coconut oil and saute the cauliflower in the pan. Just before it is ready - add in the garlic and ginger. Drizzle the lime juice on - toss - and serve immediately.

**PAN-SEARED SALMON**

**INGREDIENTS:**

2 Salmon filets  
Coconut Oil  
Sea Salt and Pepper  
1/4 cup Orange Juice  
1 Tablespoon Tamari  
1 Tablespoon Honey

**DIRECTIONS:**

Put a tablespoon of coconut oil in a saute pan with medium high heat. Season salmon with salt and pepper.

Place Salmon in the pan, and cook for approximately 3 minutes.

While Salmon is cooking, stir together the OJ, Tamari, and Honey.

Turn the salmon over, and then pour on the sauce. Cook for another 3 minutes.