



## Recipes to increase Omega-3 Fatty Acid

### Seared Salmon

2, 8 oz.	Salmon Filets
To Taste	Kosher Salt
To Taste	Black Pepper
1 Tbs.	Olive Oil

Method:

- Heat a sauté pan on the stove
- While the pan is heating, season the fish on both sides
- Add the oil to the pan
- Place the salmon in the pan with the skin side up
- Saute until golden, turn, and continue cooking on the other side to desired doneness

### Fresh Basil & Almond Pesto

¼ Cup	Fresh Basil, or Other Fresh Herb
½ Each	Shallot, Roughly Chopped
1 Oz.	Almonds, Toasted
1 Tbs.	Parmesan Cheese, Grated
To Taste	Kosher Salt
To Taste	Black Pepper
¼ Cup	Extra Virgin Olive Oil

Method:

- Combine all ingredients in the bowl of a food processor
- Process until smooth