Published on *Happily Whole* (https://www.livinghappilywhole.com)

Salmon and Brussels Sprouts

December 10, 2014, written by katie

Sometimes we simply need to lighten up, don't we! Why do we stuff ourselves with food just because we see it, just because it's sitting there?

Why do we stuff ourselves with activities, to dos, expectations and an ungodly amount of tasks to accomplish?

Then, when we can't meet the standards we've already set too high, why do we stuff ourselves with guilt and remorse as the final course?

You see, we do not have a God urging us to produce. Our God doesn't desire our perfectionism. In fact, isn't perfectionism just another form of failure waiting to happen?

Yeah, I think so.

SO, let's all step down off those self-imposed pedistals of perfection. Let's redefine productivity and make peace with the priorities God puts on our plates rather than by self-set standards of striving so hard and so high that the fall might just break us into pieces of forever scarred perfectionism.

The only thing God wants from us is prayer...His purpose budding out of our hearts...a peaceful approach to living authentically according to His Word.

So, when the world's demands seep into our hearts and send us reeling with unrealistic expectation, take a step back.

Lighten up!

Laugh!

You don't need a four course meal...you only need enough to nourish your cells and satisfy your soul.

When you try this meal, take note of its lightness and thank the Lord for His love and affection and for

heavenly expectations.

Recipe category

Delightful Dinners [1]

Restricted to members

0

Ingredients

- 2 pounds wild caught salmon
- ⅓ cup fresh chopped parsley
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ to ¾ teaspoon Celtic Sea or Pink Himalayan salt
- 1 head of organic garlic
- 2 tablespoons extra virgin olive oil
- Salt and Pepper to taste
- Side Dish: Brussels Sprouts* SEE LINK in Notes

Recipe Instructions

- Preheat the oven to 400 degrees F.
- Chop top off of garlic, place on a piece of tinfoil or garlic roaster and drizzle with olive oil. If using foil, wrap it around garlic and roast for 20 minutes, until garlic is soft and fragrant. You may need to roast longer if your head of garlic is large. Remove from oven and turn off heat.
- When garlic is cool enough to handle, squeeze flesh of at least 3 or 4 cloves into a small ramekin or bowl. Add fresh and dried herbs and olive oil. Mix and mash to form a thick paste.
- Place salmon on a large, greased baking sheet. Sprinkle with salt and pepper then spread herb mixture over the top, pressing it gently into the salmon. Marinate salmon in the fridge for 2 - 3 hours (up to overnight if 100% fresh).
- When ready to roast, preheat oven to 325 degrees F. Slow roast salmon anywhere from 25 to 35 minutes (depending on thickness of your filets) until flesh is cooked and flakes easily with a fork. Avoid cooking too long!
- Remove and let cool for 5 minutes before serving.
- While the salmon is marinating or cooking, you can prepare these brussels sprouts for a perfect side dish to complete a nice, light, nutritious meal.

Featured Image


Happily Whole
Living well from the inside out
LivingHappilyWhole.com

Gallery


Happily Whole
Living well from the inside out
LivingHappilyWhole.com

Recipe Description

Looking for an easy, light meal heavy on nutrients and flavor? Wild caught salmon full of minerals, protein and GOOD FAT. Paired with these Brussels sprouts [2], it's perfect.

Recipe Notes

Side Dish: **Brussels Sprouts** **[2]**

Source URL: https://www.livinghappilywhole.com/content/salmon-and-brussels-sprouts

Links
[1] https://www.livinghappilywhole.com/recipe-category/delightful-dinners
[2] https://www.livinghappilywhole.com/content/walnut-oil-saut%C3%A9ed-brussels-sprouts