

# Slammin' Citrus Salmon



1 ½ lbs wild salmon filets (skin and bones removed), cut into 4 pieces  
½ medium sized onion, chopped  
2 medium cloves garlic, chopped  
2 tbs fresh lemon juice  
2 tsp lemon juice  
1 ½ cups fresh orange juice  
2 tbs fresh parsley, minced  
1 tsp fennel seed  
Celtic Sea Salt & white pepper to taste

1. Preheat broiler on high and place a cast iron or stainless steel skillet under broiler for about 10 minutes.
2. While skillet is heating up, place chopped onion, garlic, fennel seeds, orange juice and 2 tbs lemon juice in a saucepan and cook on high for about 10-15 minutes. Reduce sauce by half.
3. Take hot pan out of broiler. Season salmon with 2 tsp lemon juice, sea salt and pepper and place on hot pan.
4. Return pan to broiler (approximately 5 inches from the heat) and broil salmon for about 7 minutes depending on thickness. Generally, salmon should be cooked 8 - 10 minutes per inch of thickness. Do not flip the fish - the salmon is cooking on both sides simultaneously.
5. When done broiling, remove salmon from pan, and place on top of bed of mixed greens or steamed kale.
6. Season the citrus sauce with sea salt and pepper. Gently pour sauce over salmon & greens. Sprinkle with finely chopped parsley.



Antonio Valladares is the author of [Healthy Urban Kitchen](#). He has been rated the “Best Personal Trainer in NYC” and has been featured in The New York Times and Sports Illustrated. His goal is to help you understand what to eat, when to eat, how to cook, and how to shop to help you drop unwanted fat.

