

Sweet & Sassy Salmon + Brussels Sprouts

Ingredients:

Group 1:

- 3 c Brussels sprouts
- 1 Tbsp minced garlic
- 1 Tbsp coconut oil

Group 2:

- 6 Tbsp brown sugar
- 4 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp cinnamon
- 1 tsp salt

Group 3:

- 2 salmon fillets (thawed)

Directions:

1. Group 1
 - a. Put $\frac{1}{2}$ " of water in a pot, cover, and place over high heat.
 - b. Trim the ends of the Brussels sprouts and cut a shallow "X" into the end.
 - c. Put the sprouts in a veggie steamer basket and steam them in the pot for 6-8 minutes.
 - d. *Complete steps 2 & 3 while the sprouts are cooking.*
 - e. Remove the sprouts from the pot/steamer, put them into a mixing bowl, and cover with cold water and a couple ice cubes to stop the cooking process.
 - f. Slice the sprouts in half.
 - g. Pre-heat a pan over medium-high heat.
 - h. Add all three ingredients to the pan and sauté for 2-3 minutes until the edges of the sprouts begin to brown.
2. Combine Group 2 in a container. (This makes more than what's needed and can be stored in a sealed container for 2-4 more preparations.)
3. Group 3
 - a. Pre-heat oven to 375°.
 - b. Lightly coat a pan with cooking spray.
 - c. Place salmon in the pan and sprinkle with Group 2 mixture.
 - d. Bake for 15-20 minutes or until salmon flakes easily with a fork.
4. Serve and enjoy.

Serves 2 people.