

These recipes were crafted with all of the same love, care, and attention to thyroid- and immune-supportive nutrients as the recipes in our best selling [Essential Thyroid Cookbook](#).

## ONE-PAN WILD SALMON WITH GARLIC ROASTED RADISHES & ASPARAGUS

Prep time: 20 minutes

Serves 4

### Ingredients

#### *Salmon*

- 4 (4-ounce) wild salmon fillets
- Coconut oil or ghee for greasing
- 4 teaspoons lemon zest, divided
- 1 teaspoon coarse sea salt
- ½ teaspoon black pepper

#### *Vegetables*

- 4-6 cloves garlic, chopped
- 1 bunch asparagus, (chopped into 2-inch pieces)
- 1 bunch radishes, topped and halved
- 2 tablespoons extra virgin olive oil

### Preparation

1. Preheat oven to 425°F.
2. Place the salmon in a baking dish greased with coconut oil or ghee, skin side down. Sprinkle with lemon zest, salt, and pepper.
3. Toss the chopped garlic, asparagus, and radishes in olive oil and spread out on baking dish around salmon.
4. Place baking dish in oven for 15 minutes, stirring vegetables halfway through.
5. Serve with a dollop of Cumin Lime Avocado Cream Sauce, if desired.

Compatible with: Paleo, AIP, Elimination/Provocation Diet (with lemon zest omission for E/P diet)

## CUMIN-LIME AVOCADO CREAM SAUCE

Prep time: 5 minutes

Serves 4

### **Ingredients**

2 avocados

½ cup water

Juice of 1 large lime

3 garlic cloves

½ teaspoon cumin

1-2 teaspoons nutritional yeast (optional)

1 teaspoon sea salt

¼ teaspoon cayenne

### **Preparation**

1. Place all ingredients in a food processor and process until smooth.

Compatible with Vegan and Paleo diets