

# The Superfood Supper That's Super Simple

This simple salmon recipe is brimming with flavors of garlic and basil. Not only does aromatic basil add fresh sweetness and subtle peppery undertones to a dish, it adds a whole host of powerful nutrition. Research has strongly shown that basil restricts the growth of harmful bacteria. This is important because when bacteria is allowed to proliferate, your immune system is hard at work constantly, leading to chronic inflammation, which may lead to nerve damage, among a host of other diseases, including heart disease and cancer.

Accompanying this delicious omega-3 packed salmon is Swiss chard. This deep green leafy vegetable is rich in betalains, a phytonutrient commonly found in beets that acts as a strong anti-inflammatory, as well as helps your body detoxify. Swiss chard is also rich in vitamins K, A, and C.

In just about 30 minutes, you can have a superfood meal your body will thank you for.

## Basil & Garlic Salmon with Sauteed Greens

### Ingredients

- 8 large basil leaves (parsley is good to mix in too)
- 1 clove garlic (or omit and use garlic infused olive oil)
- 1 teaspoon extra-virgin olive oil
- 4 (4 oz) salmon fillets
- 1 pinch salt

## **Greens**

1 clove garlic (or omit and use garlic infused olive oil)

2 large bunches Swiss chard

1 tablespoon extra-virgin olive oil

1 pinch salt

## **Directions**

1. Preheat oven to 375°F.
2. Chop basil and minced garlic (if using).
3. Drizzle baking pan with olive oil or garlic-infused olive oil and place salmon on top.
4. Top salmon with basil, optional garlic, and salt.
5. Bake for about 20 minutes, until salmon flakes easily with a fork.
6. While salmon is baking, prepare greens. Mince garlic (if using) and saute Swiss chard and garlic in olive oil or garlic-infused olive oil and a pinch of salt for 8 minutes or until tender.