



Webinar Series Recipes

Pumpkin Seed and Cashew-Crusted Salmon with Herbed Cauliflower Rice

Serves 4

For Salmon

- 2 tablespoons Dijon mustard
- 1 tablespoon avocado oil
- 2 teaspoons honey
- 1/4 cup rolled oats
- 1/4 cup pumpkin seeds
- 1/4 cup cashews
- 4 (6-oz) salmon fillets
- Salt and pepper

For Herbed Cauliflower Rice

- 2 teaspoons avocado oil
- 8 oz riced cauliflower, not frozen, or 1/2 head of cauliflower “riced”
- 1/2 tablespoon minced garlic, about 1-2 large cloves
- 1/2 cup chopped fresh herbs like parsley, cilantro and basil
- 1 tablespoon lemon juice or more to taste

continued on page 2



Webinar Series Recipes

Pumpkin Seed and Cashew-Crusted Salmon with Herbed Cauliflower Rice

Serves 4

continued from page 1

1. For salmon: Preheat your oven to 400 degrees and line a baking sheet with foil or parchment paper.
2. Combine the mustard, oil and honey in a small bowl.
3. In a food processor, combine the oats, seeds, and cashews, and blend until you get a nice crumble texture.
4. Spread the Dijon mixture evenly over the four salmon fillets. Top the salmon with the nut-oat mixture and press down to ensure it stays on.
5. Bake the salmon for 8-10 minutes per inch of thickness.
6. To make the cauliflower rice, heat a pan over medium-high heat. Once the pan is hot, coat it with the oil. When the oil is hot, add the cauliflower and garlic, and cook for about 7-8 minutes or until cauliflower begins to brown — season with salt and pepper. Remove from the stove, and stir in the chopped herbs and lemon juice. Serve with salmon.

To learn more about Culinary Health and to register for upcoming sessions, scan here:

