

# SALMON & GREENS SKILLET

One skillet, dinner-table friendly. Omega-rich protein, wilted greens, and something starchy on the side if you want it — no performance plating required.

About 20 minutes · Serves 2



## Ingredients

- 2 salmon fillets (about 5–6 oz each)
- 1 Tbsp olive oil or butter
- 2 garlic cloves, minced
- 4 packed cups greens (spinach, kale, or chard)
- Salt, pepper, lemon
- Optional: pinch of chili flakes; cooked rice, potatoes, or crusty bread

## Instructions

- 1 Pat salmon dry. Season with salt and pepper.
- 2 Heat oil in a skillet over medium. Cook salmon skin-side down (if it has skin) 4–5 minutes, then flip and cook 2–4 minutes more (for about 1-inch-thick fillets), until it reaches 145°F (63°C) and flakes easily.
- 3 Push salmon aside or remove briefly. Cook the minced garlic 30 seconds, then wilt the greens with a splash of water.
- 4 Return salmon, squeeze lemon over everything, add chili if you like.
- 5 Serve with whatever carb you have on hand. Last night's leftover rice is perfect.

## Annie note

This is my "company plate" when it's just the two of us. Real food, real table, no lecture about macros while you eat.