



Turmeric and Cinnamon Spiced Salmon

My family is from a small town in the South of Iran, right by the Persian Gulf. Fish and seafood are a staple in Southern Iranian cuisine because of its proximity to the Gulf. I learned this recipe from my grandmother. She loves to add turmeric to everything, especially fish. You can use any fish with the recipe, but I like to choose a heart healthy fatty fish like salmon.



Serving
1



Prep
5 Minutes



Cook
25 Minutes



Contributer
Niloufar Deilami, MPH RD

75 g Salmon
½ tsp Turmeric
¼ tsp Cinnamon
1 tbsp Olive oil
¼ tsp Pepper

1. Preheat your oven to 425° F. Line a baking tray with foil or parchment paper.
2. Mix the turmeric, cinnamon, olive and pepper to create a paste.
3. Coat the salmon with the spice paste and let it absorb for 5–10 minutes.
4. Bake the salmon for 25 minutes or until it reaches an internal temperature of 158° F.
5. Remove from oven. Serve on a bed of quinoa with a side of salad.

DIETITIAN'S MESSAGE

Fatty fish like salmon, trout, tuna, sardines and mackerel are an excellent source of heart and brain healthy omega-3s. This spice mix can be used with any fish or seafood and can also give great flavour to plant-based proteins like tofu.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement