



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



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

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.

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.



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CCNA
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on Neurodegeneration
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CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement