

## VeraVia – Seared Salmon with Kabocha Squash and Sautéed Chard

### Ingredients:

2-4 oz. wild salmon filets  
1 tbsp. olive oil  
1 garlic cloves, smashed and minced  
Salt and pepper

### Method:

- Marinate salmon between 20 minutes and 2 hours with oil, garlic and seasoning.
- Grill or pan sear until cooked, but center still pink.
- Serve with Baked Kabocha and Sauteed Chard

## Baked Kabocha Squash

### Ingredients:

½ small kabocha squash, peeled, and cut into 2 inch wedges  
1 small knob ginger, grated and juice squeezed out (juice saved)  
1 tbsp. coconut oil  
2 pinches salt and a generous amount of pepper

### Method:

- Place kabocha in a bowl and toss in coconut oil and ginger juice. Add salt and pepper.
- Roast in a 400 degree oven on a parchment-lined sheet tray until golden brown.

## **Sauteed Chard**

### **Ingredients:**

1 bunch Swiss Chard, stems and leaves chopped  
1 tsp. olive oil  
1 clove garlic, smashed and minced  
Salt and Pepper to taste

### **Method:**

- Heat olive oil in an 8 inch skillet over medium high heat. Add the chard and sauté until slightly wilted.
- Add garlic, salt and pepper to taste. Cook until soft and wilted, and stems become lose much of their crunch. (5-6 minutes)

### **To Assemble:**

- Place a large mound of chard off center of plate. Place salmon at plates center. Half on the chard, half off. Place kabocha wedges on another quadrant of the plate. Serve with lemon if desired.