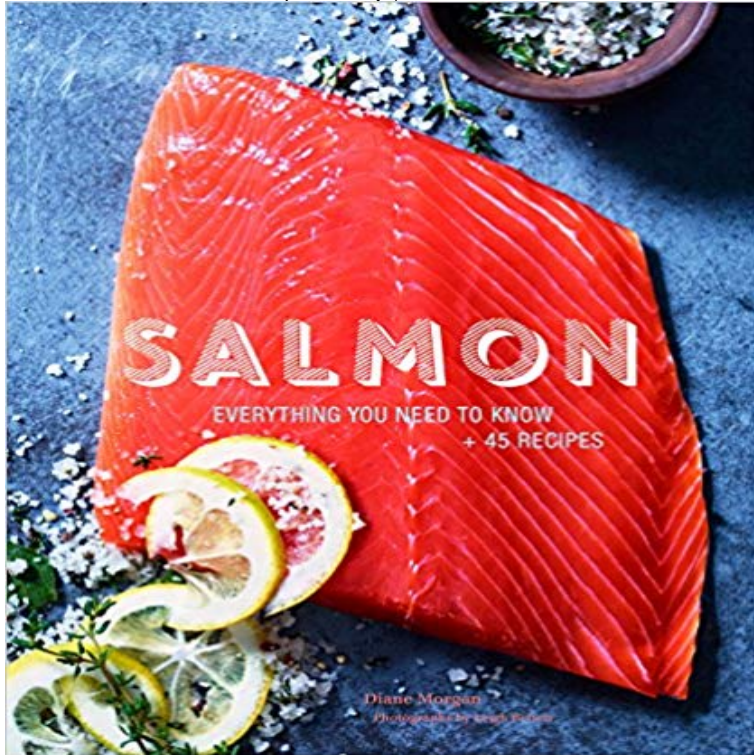


## Salmon: Everything You Need to Know + 45 Recipes



Salmon is the third-most consumed seafood in North America, not only for its exceptional flavor and versatility, but for its undeniable health benefits. Rich in Omega-3s, it's a rich protein source for those looking to eat healthier, consume less meat, or transitioning to a paleo or pescatarian diet. Salmon features 45 recipes showcasing the best ways to prepare this luscious, accessible fish. Acclaimed author Diane Morgan has crafted a go-to reference for home cooks who want to add more creative preparations of salmon to their repertoire. Recipes include all savory meal occasions: appetizers, dinner, pizza, brunch, and more, providing inspiration for healthy eaters and fish lovers alike.

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