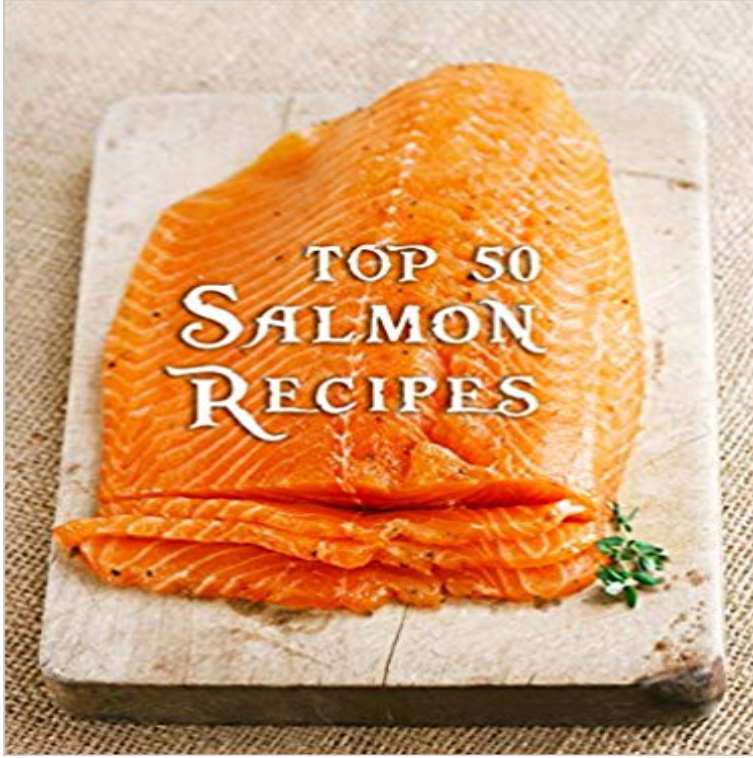


Top 50 Most Delicious Salmon Recipes (Recipe Top 50s Book 84)



Salmon is a versatile fish with a striking color and a delicate flavor, its also an extremely healthy source of protein. It is rich in omega-3 fatty acids, necessary for the well-being of cell membranes. In addition to omega-3 oils, salmon is a source of many minerals and vitamins, including iron, niacin, zinc, vitamin B6 and vitamin B12. Salmon also contains selenium, a mineral important for the healthy functioning of the thyroid gland and for the general health of the immune system. Its also a good source of vitamin D which aids in the bodys absorption of calcium and therefore is important for healthy bones. Aside from its nutritional content, salmon is a delicious and prized fish because of the way it lends itself to a variety of cooking methods and flavors. It may be poached, grilled, smoked, fried or eaten raw and it adapts itself to cuisines from around the world. In this recipe book you will find 50 amazing recipes to keep salmon interesting, varied and super delicious. Tags: salmon recipes, salmon cookbooks, salmon recipe book, salmon cookery, cooking with salmon, smoked salmon, salmon appetizers, salmon dishes, seafood recipes, seafood cookbook, seafood recipe books, seafood cookbooks for beginners, cooking with seafood, recipes for seafood, smoked salmon recipes.

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