

**Rebekah’s Salmon in Parchment**

**Ingredients**

One Salmon Filet (weight and thickness will determine cooking time)

1/3 cup Coconut Aminos

1/3 Cup Avocado Oil

½ cup or 1 bunch scallion greens

½ Tablespoon Monk fruit (alternative sugar, this could be stevia but use less)

Greens, carrots, parsnips of other vegetables of you choice, chopped or sliced thin to place under fish in the parchment paper

Optional

One drop of lemon oil or lemon zest

**Directions**

Fold a piece of parchment paper in half so that it is big enough to encase a salmon filet with some vegetables. Cut the folded paper in the shape of a half a heart. Place salmon in the crease of the paper in the middle. Place veggies underneath the filet. Carefully fold the edges of the paper all the way around to lock in the steam. Tuck the last fold underneath to secure the seal. Cook at 400 degrees for 15 minutes. It may take longer if the filet is big or very cold.

While salmon is cooking, whisk together the coconut aminos, avocado oil, scallions and monk fruit. Mix well, drizzle over salmon filet after removing it from the oven. Enjoy!