

# Salmon with Pesto Zoodles

## Ingredients

- 2 salmon fillets
- 2 medium zucchinis, spiralized
- 2 tablespoons pesto (homemade or clean store-bought)
- 1 tablespoon olive oil
- Salt and pepper to taste

## Instructions

1. Grill or pan-sear salmon fillets until cooked through.
2. In a skillet, heat olive oil and sauté zucchini noodles for 2–3 minutes.
3. Stir in pesto and cook 1 more minute.
4. Serve salmon on top of the warm pesto zoodles.

## Health Benefits

Low-carb, fiber-rich dish that supports weight balance, digestion, and provides brain-boosting omega-3s.

