15-Minute Halibut Salad

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This is a great recipe to help add more omega-3 fatty acids to your meal. Combined with the salad greens, you get a wide range of nutrients that will work together synergistically towards optimal health. Enjoy!

Prep and Cook Time: 15 minutes
4 medium cloves garlic, pressed
1/2 lb mixed salad greens
4 - 6 oz halibut steaks or fillets
1 TBS + 1/4 cup fresh lemon juice
salt and cracked black pepper to taste
1 cup vegetable broth
3 TBS fresh chopped sage (or 3 tsp dried sage)
*optional 3 TBS extra virgin olive oil

Press garlic and let it sit for 5 minutes to bring out its health-promoting properties. Rinse and dry salad greens by using salad spinner if possible. Place greens mixture on 4 plates.
Rub halibut with 1 TBS lemon juice and season with a little salt and pepper. Heat broth and add halibut; cover and cook for 10 minutes for each inch of thickness.
Remove fish from pan and place on salad greens. Discard extra broth or use for soup. In same pan add garlic, sage and 1/4 cup lemon juice to hot pan and heat for about 30 seconds. If you'd like to add olive oil, do so after turning off heat. Stir mixture together for a few seconds and then drizzle over salad. Season with salt and cracked black pepper.

Source: [here](http://tiest.staff.ipb.ac.id/2013/02/23/fun-in-the-snow/)

**Healthy Food Tip**

Should I be concerned about dairy products being highly allergenic foods?
From a research perspective, there is no question whatsoever about the higher allergenicity of cow's milk than most other human foods. Along with wheat products, dairy products show the highest incidence of adverse reactions.

When the casein proteins in cow's milk are the source of this adverse reaction, the reaction is usually referred to as a milk allergy. When the milk sugar (lactose) in cow's milk is the source of the adverse reaction, the reaction is typically called milk intolerance.

People usually get different symptoms in the two types of reaction. Milk allergy usually produces more global symptoms, like fatigue or "brain fog," or symptoms like rashes, unrelaxed breathing, or other changes. Milk intolerance usually produces gas, bloating, and discomfort. But sometimes the symptoms overlap, and at times there may be few dramatic symptoms at all, even though lab tests might show unwanted, invisible metabolic changes from milk ingestion.

It's worth pointing out that milk intolerance can be partly or completely overcome through the purchase of lactose-free milk (which has been treated with the enzyme lactase to break the lactose apart into glucose and galactose) or the use of lactase enzyme supplements. Many individuals with lactose intolerance find these steps 100% effective in overcoming milk intolerance. I want to point out that the purchase of lactose-free milk that has already been treated with this lactase enzyme or the direct addition of lactase-containing liquid supplements into a quart of milk is the best way to go when you want to lower the milk's lactose content. Oral tablets of lactase (or lactase capsules or liquid lactase drops taken by mouth) can also work, but they are not nearly as reliable since all interactions between the enzymes and the milk sugar must take place in the complicated environment of your digestive tract.

None of the above problems is really a problem with milk per se. Adverse reactions to milk are more like a match-up problem between milk and the individual who consumes it.
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