



MARK HYMAN, MD

Mark Hyman, M.D. believes that every individual deserves a life of vitality—and that they have the potential to create it for themselves. That's why he is dedicated to tackling the root causes of chronic disease by harnessing the power of Functional Medicine to transform healthcare.

Dr. Mark is a practicing family physician, a six-time #1 New York Times bestselling author and an internationally recognized leader, speaker, educator and advocate in his field. He is also the founder and medical director of The UltraWellness Center, chairman of the board of the Institute for Functional Medicine, a medical editor of The Huffington Post and a regular medical contributor on Katie Couric's TV show, *Katie*.

Join Dr. Mark on his path to revolutionize the way we think about and take care of our health and our societies by following along and chiming in online at www.drhyman.com, on Twitter and Instagram @markhymanmd and on Facebook at facebook.com/drmarkhyman.

Grilled Salmon with Onion Marmalade over Greens

Serves: 4
Prep time: 20 minutes
Cook time: 15 minutes

2 medium red onions, thinly sliced
2 tablespoons olive oil
1 tablespoon apple cider vinegar
Salt and freshly ground black pepper, to taste
4 (4-6 ounces) fillets of salmon
8 cups arugula
¼ cup chopped fresh parsley
Juice of ½ lemon
1 lemon, cut into 4 wedges

Prepare the grill, or use a grill pan. In a bowl mix together the onion, olive oil, apple cider vinegar, salt and pepper. Place the onions in the middle of a large piece of foil; crimp it closed and place it on the grill or grill pan. Grill for about 10 minutes until the onions are soft, shaking the foil from time to time.

Cut each salmon filet into 2 or 3 strips, brush with olive oil, and season with salt and pepper. Place each strip on the grill or grill pan and cook for 2 minutes on each side, or until cooked through. Let cool. Arrange the salmon on top of the arugula and drizzle with lemon juice. Combine the chopped parsley with the onions and place a spoonful on top of each salad. Serve with a lemon wedge.

Nutritional analysis per serving (4 ounces salmon, 2 cups arugula): calories 244, fat 17g, saturated fat 2 g, cholesterol 71 mg, fiber 2 g, protein 27 g, carbohydrate 8 g, sodium 312 mg

Broccoli Rabe with Garlic & Cherry Tomatoes

Serves: 4

Prep time: 5 minutes

Cook time: 4 minutes

2 tablespoons olive oil

4 cloves garlic, chopped

2 bunches broccoli rabe, trimmed

½ cup water

2 cups cherry tomatoes, halved

Salt and freshly ground black pepper, to taste

Heat the olive oil in a large saucepan on a medium heat. Add the garlic for 10 seconds, then add the broccoli rabe and sauté until wilted slightly. Add the water and cherry tomatoes and cover. Let steam for 3 minutes, or until the greens are tender. Season with salt and pepper.

Nutritional analysis per serving (1 ½ cup): calories 116 , fat 8 g, saturated fat 0 g, cholesterol 0 mg, fiber 4 g, protein 4 g, carbohydrate 10 g, sodium 276 mg