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On Valentine's Day, Chef Amanda Freitag came by to show us how to cook her #GodsLoveCookbook dish Salmon Fillet with Salsa Verde and Farro Salad (delicious!). Her dish is perfect for February and Valentine's Day, as it is heart-healthy and a great meal to make for a loved one. [Check out the video](#) of her demo and delivery in New York Daily News!

