

Blackened Salmon

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adapted from thekitchen.com Serves 4, 6 oz filet per serving

Blue -1 point

Green – 7 points

Purple – 1 point

- 1 Tbsp +1 tsp sweet paprika
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp kosher salt
- 3/4 tsp cayenne pepper (I use 1/8 tsp – I'm a spice wimp)
- 1 Tbsp olive oil
- 1 lemon, cut into wedges

1. Mix the paprika, garlic powder, oregano, salt and cayenne pepper in a shallow bowl or pie plate to combine. Press the flesh side of each salmon filet into the seasoning to evenly coat it. Or, you can sprinkle on the seasoning and pat onto the flesh side.
2. Heat the oil in a large nonstick or cast iron skillet over medium heat until it is shimmering. Add the fillets, skin side up, and cook until blackened, about 3 minutes. Flip the fillets and continue to cook until cooked through to your liking 5 to 7 minutes depending on the thickness of your fillets. If the skin is starting to burn before fillets are cooked, turn the

heat down to medium low. If the fillets are extra thick (1 1/2 to 2 inches) in the middle) you may need to turn the fillets on their sides for a minute on each side to cook them through. An instant read thermometer inserted into the middle of the thickest fillet should read 120 to 130 for medium rare or 135-145 for more well done. Serve with lemon wedges.