



Blackened Salmon

A simple recipe great for the grill or stovetop

2 tbsp. paprika
1tbsp. chili powder
2 tsp. light brown sugar
1 tsp. pepper
½ tsp. salt
3-8oz salmon fillets, skin removed

In a small bowl, combine all of the ingredients, except salmon. Rub mixture on both sides of Salmon

Pre heat grill (or non stick skillet) to medium heat. If using grill, apply a coating of olive oil or cooking spray to grill surface right before cooking to prevent sticking.

Cook salmon over medium heat for 4-5 minutes on each side or until desired doneness.