

Blackened Salmon

Ingredients:

- 4–6 ounce salmon fillets or steaks
- 1/4 cup olive oil
- 1/2 cup ground black pepper
- 1 ounce white onion, diced
- 1/2 jalapeño pepper, diced
- 1/4 teaspoon kosher salt
- 1/2 tablespoon garlic, chopped
- 1 tablespoon cilantro, chopped
- 1 roasted red pepper, diced
- 1/2 teaspoon lime zest
- 1/2 tablespoon lime juice
- 1/4 teaspoon cumin
- 4 ounce frozen corn, defrosted
- 1/2 cup canned black beans, rinsed

Directions

1. Heat a sauté pan over medium high heat with olive oil. Coat both sides of the salmon with blackening seasoning, pressing; fillet so the seasoning adheres. Carefully place salmon into pre-heated pan and cook until edges turn dark.
2. In a separate pan, add 1/2 tablespoon olive oil over medium high heat. Add onions and jalapeños; cook until onions are translucent. Remove from heat and cool.
3. When onions and jalapeños are cooled, add remaining ingredients. Mix well and refrigerate.
4. Place salmon fillets on serving dishes and surround or top with relish.

Optional: serve with rice or polenta.

Nutrition Facts

Serving Size 1 serving (157g)
Servings Per Container 4

Amount Per Serving

Calories 250 **Calories from Fat 150**

	% Daily Value*
Total Fat 16g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	28%
Sugars 2g	

Protein 9g

Vitamin A 20% • **Vitamin C 80%**

Calcium 8% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

