

# Spiced Salmon A Fusion of Flavors

## INGREDIENTS DIRECTIONS

Serves 4

½ cup olive oil (for marinade)

2 tablespoons olive oil (for cooking)

¼ cup lemon juice

1 tablespoon white vinegar

1 tablespoon honey

4 teaspoons minced garlic

4 teaspoons minced ginger

¼ teaspoon paprika

½ teaspoon cumin

½ teaspoon pepper or chili powder

¼ teaspoon salt

2 salmon fillets (6 ounces each)

1. Prepare the marinade: add olive oil, lemon juice, vinegar, honey and spices in a mixing bowl and whisk to combine.
2. Slice each salmon fillet lengthwise to make 4 separate 3-ounce pieces of salmon. Add the salmon to the bowl, making sure that all the salmon is covered with the marinade.
3. Cover the bowl and refrigerate for 30-60 minutes, then remove from refrigerator and let sit at room temperature for 10 minutes.
4. Heat oil in a large skillet pan over medium-high heat. Place the salmon fillets in the pan and cook them for about 4 minutes on each side, or until salmon reaches 145° F.

## NUTRITION:

18 g protein

250 mg phosphorus

375 mg potassium

115 mg sodium

400 calories