

March Recipe of the Month

Spice Rubbed Roasted Salmon

Salmon is a versatile fish that works with many flavors. This rub uses spices typically found in Middle Eastern and Indian cuisine.

Serves: 8

Serving Size: 3 oz

½ tsp salt
½ tsp ground cumin
½ tsp ground coriander
¼ tsp paprika
⅛ tsp ground cinnamon
⅛ tsp ground pepper
2 pounds skinless salmon filets
2 cups thinly sliced onion
Cooking spray



Directions:

1. Preheat oven to 400°F. Spray a baking sheet with non-stick cooking spray.
2. Combine salt, pepper, and spices in a small bowl. Rub the spice mixture evenly over the salmon filets.
3. Spray an 11 x7 baking dish with nonstick cooking spray. Place the onion on the pan. Place the fish on top of the onion.
4. Bake for 20 minutes or until the fish flakes easily with a fork.

Per serving: 240 calories, 23g protein, 15g fat (4g saturated), 60mg cholesterol, 2g carbohydrate, 0g fiber, 1g sugar, 210mg sodium

% Daily Value: Vitamin A 2%, Vitamin C 10%, Calcium 2%, Iron 4%

Recipe adapted from Cooking Light