

Moroccan Spiced Salmon

Yield: 4 servings

Ingredients

24 ounces salmon filets;
4- 6 ounce filets
1 teaspoon paprika
½ teaspoon turmeric
1 teaspoon coriander; ground
1 teaspoon cumin; ground
1 clove garlic
1 teaspoon lemon juice; freshly
squeezed
1 tablespoon cilantro fresh;
minced
4 teaspoons olive oil

Instructions

1. Gather all ingredients and equipment.
2. Combine rub ingredients in a food processor and chop finely.
3. Place salmon in a large mixing bowl.
4. Pour the rub over the salmon and mix thoroughly with your hands.
5. Cover the bowl with plastic wrap and refrigerate for 10 to 15 minutes.
6. Cover the bottom of a sauté pan with olive oil and heat over medium heat.
7. Add the salmon and cook for about 5 minutes on each side.
8. You want the salmon slightly pink in the middle. Cook until salmon has reached 145 degrees internal temperature.

Nutrition Information

Serving Size: 6 oz
Calories: 256
Total Fat: 12.0 g
Saturated Fat: 1.8 g
Monounsaturated Fat: 4.4 g
Sodium: 75.6 mg
Total Carbohydrate: 0.9 g
Dietary Fiber: 0.3 g
Sugars: 0.6 g
Protein: 33.9 g

Source: Spectrum Health Culinary Medicine
and GRCC SICE



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