

## Spicy Cornmeal Crusted Salmon

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**Serves:** 4

**Prep Time:** 5



**Ingredients:**

1/3 cup medium to coarse-grind cornmeal

1-1/2 to 2 teaspoons favorite spicy seasoning (Cajun, Mexican, Caribbean Jerk, Italian, curry blend, etc.)

1 teaspoon salt

4 skinless Alaska Salmon fillets (4 to 6 oz. each), fresh, thawed or frozen

1 Tablespoon olive, canola, peanut or grapeseed oil

Nonstick cooking spray

**Directions:**

Blend cornmeal, seasoning, and salt in zip-top plastic bag. Rinse Alaska Salmon fillets under cold water, then toss in cornmeal coating.

Heat oil in large nonstick skillet to medium-high heat; add fillets to pan. Cook until browned, about 3 minutes.

Spray-coat tops of fillets. Turn salmon over gently and cook an additional 4 minutes. "Fresh/thawed fish: Check browned fillets for doneness. Cook just until fish is opaque throughout." "Frozen fish: Preheat oven to 425°F. Transfer browned fillets to baking sheet and cook an additional 6 to 8 minutes. Cook just until fish is opaque throughout.

Nutrients per serving: 244 calories, 9g total fat, 2g saturated fat, 34% calories from fat, 105mg cholesterol, 30g protein, 9g carbohydrate, 1g fiber, 719mg sodium, 16mg calcium and 1g omega-3 fatty acids.