



# **Blackened Salmon with Wild Rice**

Recipe Courtesy Chef Bryan Woolley

- 2 tbsp ground paprika
- 1 tbsp ground cayenne pepper
- 1 tbsp onion powder
- 2 tsp garlic powder
- 1 tsp salt
- 1 tsp freshly ground pepper
- ¼ tsp dried thyme
- ¼ tsp dried basil
- ½ tsp dried dill
- ¼ tsp dried oregano
- 4 salmon fillets, about 6 ounces each
- Extra virgin olive oil



1. Heat your oven up to 450 degrees.
2. In a medium size bowl, mix together the paprika, cayenne pepper, onion powder, salt, pepper, thyme, basil, dill and the oregano. Mix all together and set aside.
3. Lightly spray/brush salmon fillets lightly with olive oil.
4. Heat a large heavy bottomed sauté pan (oven proof pan). Lightly spray pan with olive oil.
5. Sprinkle seasoning over the salmon and than lightly spray one last time with olive oil. Gently pat the seasonings down so that they will stick to the fish. The dried herbs need a light coat of olive oil to prevent them from burning.
6. Place the salmon fillets skin side up. Sear salmon for about 2 minutes. Turn salmon over and place in the preheated oven for about 7 minutes or until done. (Salmon should "flake" away with a fork)
7. Serve with wild rice and Enjoy!

## **Wild Rice**

- 1 ½ cups wild rice
- 3 cups low sodium, fat free chicken stock
- ¼ cup diced onion

1. Place all ingredients in a rice cooker or heavy bottom sauté pan.
2. If using a heavy bottom sauce pan, bring to a boil, reduce heat, cover and allow to simmer until done. Add additional stock if needed.
3. If using a rice cooker, be sure to thoroughly rinse the rice. Place all ingredients into the rice cooker and allow to cook until done.
4. Serve with blackened salmon. Enjoy!

## **Nutrition Analysis**

Serving Size: 1 fillet, ¼ rice recipe

Calories	500
Total Fat	11g
Saturated Fat	2g
Cholesterol	125mg
Sodium	730mg
Carbohydrate	53g
Dietary Fiber	6g
Protein	48g

## **Diabetic Exchanges**

Protein	7
Fat	2
Carbohydrate	4