



# Broiled BBQ Salmon

6 Servings • 1 Serving = 4 ounces Fish

## Tips on Salmon



### How To Store

Store raw salmon in airtight container, or plastic wrap, the refrigerator for up to 2 days.



### How To Use

Baked, roasted, or grilled Salmon preserves flavor & nutrients.



### Health Benefits

Rich in B vitamins, vitamin D, Potassium & minerals.

## INGREDIENTS

- 6 – 4 ounce fresh or frozen skinless, boneless salmon fillets, approximately 1” thick
- 1 Tablespoon sweet paprika
- 1 Tablespoon smoked paprika or ancho chili powder
- 1 Tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 Tablespoon chives, chopped
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano, crushed
- 3 Tablespoons extra virgin olive oil

## DIRECTIONS

- Thaw fish, if frozen. Rinse fish and pat dry with paper towels. Set aside.
- In a small bowl, combine spices. Transfer mixture to a piece of wax paper. Gently roll fish fillets in spice mixture to coat.
- Brush about half of the olive oil on the bottom on a broiler pan or large baking sheet.
- Place fish fillets on the pan and drizzle with remaining olive oil. Broil fish 4 inches from the heat for 4– 6 minutes or until fish flakes easily when tested with a fork. Carefully flip the fish once halfway through broiling.

## Nutrition Facts

6 servings servings per container	
Serving size	4 oz (113 g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 31g	40%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1240mg	54%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 4mcg	20%
Calcium 36mg	2%
Iron 2mg	10%
Potassium 303mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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