



## Cocoa & Coffee Roasted Salmon

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### Directions:

1. Mix coffee, cocoa powder, mesquite powder and cayenne together. Press rub on salmon filets.
2. Optional: Sear in skillet with 1 tablespoon oil over medium high heat before baking.
3. Bake salmon at 450F for 12 to 15 minutes.

*Nutrition Facts: 356 cal, 21 g fat, 2 g carb, 39 g pro, 86 mg Na+, 1 g fiber*

### Ingredients:

- 2 (6 oz) wild caught salmon filets
- 2 Tablespoons olive oil
- 1 Tablespoon ground, medium roast coffee
- 1 Tablespoon cocoa powder
- 1 teaspoon Mrs. DASH Mesquite Grilling Blend
- 1 pinch cayenne pepper (optional)

**Yield:** 2 servings

**Time:** 30 minutes

*If the seasonings in these salmon recipes are not desired, simply season with your seasoning of choice and bake at 450F for 12 to 15 minutes. Lemon Pepper, fresh herbs, garlic, ginger, and fresh citrus are delicious on salmon. Try different spice blends to find your favorite way to eat this heart healthy fish!*