



Cumin Crusted Salmon

Directions:

1. Mix first eight ingredients in a small bowl to form a paste.
2. Place salmon in a plastic resealable bag and massage marinade over salmon. Refrigerate for at least 30 minutes to marinate.
3. Bake salmon at 450F for 12 to 15 minutes.

Nutrition Facts: 340 cal, 19 g fat, 1 g carb, 39 g pro, 112 mg Na+, 1 g fiber

Ingredients:

- 1 Tablespoon olive oil
- 1 Tablespoon orange juice
- 1/2 Tablespoon dried ginger
- 1/2 Tablespoon ground cumin
- 1/2 Tablespoon coriander
- 1/2 teaspoon paprika
- 1 pinch cayenne pepper (optional)
- 2 (6 oz) wild caught salmon filets

Yield: 2 servings

Time: 45 minutes

Consider choosing Wild Caught Salmon over Farm-Raised Salmon when you can. Wild caught contains less environmental contaminants, and has a more heart healthy fat profile than farm raised salmon.