

Blackened Grilled Salmon with Mango Salsa

ingredients

Blackened Seasoning

3 T paprika

2 tsp onion powder

1 tsp garlic powder

1 tsp ground black pepper

¼ tsp cayenne pepper

2 tsp fennel seed

Mango Salsa Recipe

1 C mango peeled and small diced

1 C pineapple peeled and small diced

½ C red bell pepper small diced

1 fresh jalapeno deseeded and small diced

¼ C red onion small diced

¼ C fresh cilantro minced

Zest and juice of 1 lime

¼ C toasted black sesame seeds

¼ C EVOO

Salt and pepper to taste

directions

- Select your quantity of salmon at your local fish market or grocer*
- Place seasoning in container, cover and shake
- Combine mango salsa ingredients in a mixing bowl

Grilled Vegetables

- Choose your favorite vegetables and grill as a side dish
- Cut vegetables into bite size pieces
- Toss in EVOO and seasoning
- Skewer and grill

*Salmon can be substituted with boneless skinless chicken breast



from the kitchen of

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