

Jane Maksoud, RN, MPA

Pan Roasted Salmon

300 calories per serving

Cost per serving based on market price: \$5

Makes 4 servings

Ingredients

4 (6-ounce) salmon fillets

Kosher salt and pepper to taste

½ tablespoon smoked or sweet paprika

Extra virgin olive oil or cooking spray

Preparation

Sprinkle the salmon fillets with salt and pepper, and dust with a little paprika.

Heat a large non-stick pan – using a cooking spray or olive oil to coat.

Add the salmon fillets to the heated pan, skin side down.

Cook the first side without moving, until the sides are cooked just past halfway up the fillets.

Flip and cook the second side, without moving, until the sides are fully cooked.

Remove from the heat for medium-rare. Serve warm.