

Prep:

25 mins

Cook:

2 mins to 3 mins

Roast:

4 mins to 6 mins at 400°

Servings:

4

Yield:

1 1/2 cups relish

CAJUN-RUBBED SALMON

CAJUN SEASONING

Ingredients

- 2 tablespoons packed brown sugar
- 2 tablespoons paprika
- 1 tablespoon kosher salt
- 2 teaspoons dried oregano, crushed
- 2 teaspoons dried thyme, crushed

- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ½ teaspoon crushed red pepper
- ¼ teaspoon cayenne pepper

Directions

1. Combine all ingredients in a small bowl. Store in an airtight container.

CAJUN-RUBBED SALMON WITH RELISH

Ingredients

- ½ cup chopped celery
- ½ cup very thin strips red onion
- 2 tablespoons snipped flat-leaf Italian parsley
- 2 tablespoons chopped dill pickle
- 1 tablespoon pickle juice
- 1 tablespoon olive oil
- 2 teaspoons Dijon-style mustard
- ¼ teaspoon salt
- Dash sugar
- 4 6 ounces boneless salmon fillets
- 2 tablespoons Cajun Seasoning (recipe follows) or purchased Cajun seasoning
- 2 tablespoons olive oil

Directions

1. For relish: In a small bowl combine celery, onion, parsley, pickle, pickle juice, 1 tablespoon oil, mustard, salt, and sugar. Cover and chill until ready to use or up to 1 hour.
2. Sprinkle salmon with Cajun Seasoning. Heat 2 tablespoons oil in a large cast-iron or other heavy oven-going skillet over medium-high heat. When hot, add salmon, skin side up. Cook for 2 to 3 minutes or until lightly browned. Turn salmon. Place skillet in a 400°F oven and roast for 4 to 6 minutes or until salmon flakes when tested with a fork. (Allow 4 to 6 minutes per 1/2-inch thickness of fish, including browning time.)
3. Stir relish and serve with salmon.

Nutrition Facts

Per Serving:

356 calories; 21 g total fat; 3 g saturated fat; 5 g polyunsaturated fat; 11 g monounsaturated fat; 94 mg cholesterol; 778 mg sodium. 941 mg potassium; 5 g carbohydrates; 1 g fiber; 3 g sugar; 34 g protein; 0 g trans fatty acid; 746 IU vitamin a; 5 mg vitamin c; 0 mg thiamin; 1 mg riboflavin; 14 mg niacin equivalents; 1 mg vitamin b6; 55 mcg folate; 5 mcg vitamin b12; 46 mg calcium; 2 mg iron