

Sweet & Spicy Salmon

Total: 17 min. Active: 17 min. Yield: 6 servings.

Nutritional Information Per Serving

Calories: 355. Total Fat: 22g. Carbs: 4g. Protein: 35g.

Ingredients

- nonstick cooking spray
- 2 tbsp packed light brown sugar
- 1 tbsp chili powder
- 1 tsp ground cumin
- salt and black pepper
- 6 (6 oz) salmon fillets, skin and any pin bones removed
- 1 tbsp olive oil

Directions

Coat your grill or a grill pan with cooking spray and preheat over medium heat. While the grill is heating, combine the brown sugar, chili powder, cumin, salt, and pepper. Brush each salmon fillet with 1/2 teaspoon of the oil, then rub each fillet with about 1/2 tablespoon of the spice mixture.

Grill the salmon, flesh side down, until charred, 4 to 5 minutes. Flip the salmon and cook another 5 to 6 minutes for medium doneness. For well done fish, cook an additional 1 to 2 minutes. Remove to a platter and serve immediately.

