

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Sweet and Spicy Grilled Salmon

Serves: 4

Modified from: www.FoodNetwork.com

Items Needed: small bowl, measuring spoons, whisk, grill brush, grill tongs

Ingredients:

- 2 Tablespoons hot sauce
- 1 Tablespoon packed dark brown sugar
- 1 teaspoon smoked paprika
- ¼ teaspoon cayenne pepper
- Four 5-ounce center-cut skin-on salmon fillets, about 1 inch thick
- ½ teaspoon salt
- ¼ teaspoon pepper
- Vegetable oil, for grilling

Directions:

1. Preheat an outdoor grill or grill pan on medium high.
2. Mix together the hot sauce, brown sugar, paprika, and cayenne in a small bowl.
3. Sprinkle the salmon fillets with salt and pepper.
4. Brush the grill grate lightly with oil.
5. Lay the salmon on the grill, skin-side up, and cook until distinct grill marks appear and the salmon releases easily from the grate, 2-3 minutes.
6. Turn and brush the fish with some of the reserved sauce.
7. Continue to cook the fish, brushing occasionally with the sauce, until the fillets are glazed and just cooked through, 13-15 minutes more. Transfer the fillets to plates to serve.

Nutrition Information (per 1 salmon fillet):

Calories: 236 Fat: 12 g Carbs: 3 g Protein: 28 g Fiber: 0 g Sodium: 377 mg