

Seared Salmon



Cooking fish at home may seem like a daunting task. But in truth, cooking with seafood can be a quick and enjoyable way to break the monotony of weeknight dinners. Searing is an easy and delicious way to cook fresh or frozen fish filets. Follow this simple recipe to cook salmon or another one of your favorite fish filets. Pair your seared salmon with vegetables and whole grains for a complete meal. One of our favorite ways to serve seared salmon is with our [Kale and Napa Cabbage Slaw](#).

Serves 2

Serving Size: 3 – 5 oz salmon filet

Prep time: 3 minutes

Cook time: 12 minutes

Total Time: 15 minutes

Ingredients:

- 2 (3 – 5 oz) salmon filets (skin-on preferred). If using frozen salmon, thaw it in the refrigerator and pat dry before cooking.
- Pinch of salt
- Pinch of pepper

Directions:

1. Heat a skillet on medium heat. Once heated, place the salmon filet in the skillet skin side down and cook for about 6 minutes.
2. Flip the salmon filet and cook for about 6 minutes (until the internal temperature reaches 145°F).
3. Serve your seared salmon alongside of your favorite vegetables and whole grains for a healthy delicious meal.

Nutrition Information per Serving:

(Based on 5 oz salmon filet)

- Serving Size: 5 oz salmon filet
- Vegetables: 0 cups
- Fruits: 0 cups
- Calories: 250 calories
- Carbohydrates: 1.7 grams
- Fiber: 0 grams
- Protein: 30 grams
- Fat: 12.5 grams
- Sodium: 226 mg

Source: Med Instead of Meds – North Carolina Extension