

USDA Foods

Grilled Salmon

Makes about 4 servings

Ingredients

- 4 salmon fillets (thawed)
- 2 tablespoons melted butter
- 1/2 teaspoon salt
- 2 teaspoons pepper (if you like)
- Nonstick cooking spray for grills

Directions

1. Heat the grill, charcoal or gas to medium to high. Prepare the salmon fillets by rinsing them and patting them dry with a paper towel.
2. Mix salt and pepper in a small bowl. Lightly sprinkle the mixture over the salmon fillets (flesh only, not on the skin).
3. Place fillets directly on a greased grill rack.
4. Place the fish on the grill rack directly over medium heat. Grill uncovered for about 4-6 minutes per 1/2 inch of thickness or until fish begins to flake when tested with a fork. Turn the fish once halfway through grilling, brush with melted butter.
5. Test the temperature by inserting a meat thermometer into the thickest part of the fillet and make sure it is 145 degrees F.

Recipe adapted from First Nations, Cooking Healthier with FDPIR Foods Cookbook

Simple Skillet Salmon

Makes about 6 servings

Ingredients

- 4 salmon filets (thawed)
- 1 tablespoon garlic powder (if you like)
- 1/2 teaspoon salt
- 2 teaspoons pepper (if you like)
- 1 tablespoon butter (or margarine)
- 4 lemon wedges

Directions

1. Mix garlic powder, salt, and pepper in a small bowl. Rub equal amounts onto the salmon fillet (flesh only, not on the skin)
2. Melt the butter in a frying pan over medium heat.
3. Cook the salmon in the butter, skin side up, covered for 4 minutes. Flip over and cook for another 4 minutes until flaking and reaches 145 degrees F as measured by a meat thermometer.
4. Squeeze one lemon wedge onto each fillet and serve!

Recipe adapted from Get Fresh! Chickasaw Nation's online recipe resource.

These recipes, presented to you by USDA, have not been tested or standardized.