



cara price

SWEET & SPICY GLAZED SALMON

INGREDIENTS

- 4 - 6 ounce pieces of wild salmon, skin on
- 3 tablespoons coconut oil
- for the sauce:
 - 1 tablespoon dijon mustard
 - 1 tablespoon lemon juice
 - 1 teaspoon honey
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon each: smoked paprika & salt
 - 1/8 teaspoon each: onion powder, granulated garlic, cayenne pepper, black pepper

DIRECTIONS

combine all the ingredients for the sauce in a small bowl.

rub the sauce mixture all over the top & sides of the salmon. heat oil over medium high in a large skillet. place salmon skin side down in skillet & cook*, without turning, until desired doneness. {for medium-well it takes about 8 minutes}

*if oil begins to smoke or splatter too much, simply turn heat down to medium.