

Smoky Spice Rub (with Salmon)



GLUTEN FREE



DAIRY FREE

Ingredients

- 1 tablespoons chili powder
- ½ teaspoon ground cumin
- ½ teaspoon dried parsley
- ½ teaspoon dried oregano
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- ¼ teaspoon smoked paprika
- 1-2 tablespoons maple syrup
- 1 tablespoon olive oil
- 4 (5-ounce) salmon fillets, skin and bones removed

Directions

1. Combine the chili powder, cumin, parsley, oregano, salt, pepper and smoked paprika in a small bowl.
2. In a separate bowl, whisk maple syrup and olive oil then brush onto salmon.
3. Coat the tops of the fish evenly with spice mixture.
4. Place fish on a plate and wrap with plastic wrap and allow to sit in refrigerator for 1 hour. Preheat oven to 375°F.
5. Place salmon in a greased baking pan or baking sheet. Bake for 15 to 20 minutes or until salmon is cooked as desired.

Notes

*This recipe may also be grilled – set grill to medium heat and cook salmon on foil sprayed with cooking spray until done.

Recipe from Cook Well Berkeley: Seasonings & Spices to Boost Health, Fall 2013