

Oven Baked Blackened Salmon

INGREDIENTS:

Blackened Dry Rub

1 tsp dried oregano

1 tsp onion powder

1 tsp garlic powder

2 tsp smoked paprika

1/2 tsp sea salt

1/4 tsp pepper

1/4 tsp cayenne pepper (optional, leave out if you don't want it spicy or making for kids)

Salmon

2 T avocado oil or olive oil

2.5 lb salmon filet

PROCESS:

Preheat the oven to 375 degrees F.

In a small bowl, make the blackened seasoning by combining all the ingredients. Stir to combine.

Place salmon on a rimmed baking sheet lined with parchment paper.

Coat salmon with oil.

Sprinkle on spice blend then gently rub over the entire salmon filet.

Bake for 14 minutes then broil 2-3 minutes or until cooked through.

ENJOY!

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