

# BASIC SEARED SALMON



**DIFFICULTY**

EASY



**TIME**

20 MIN



**SERVES**

4

## INGREDIENTS

4 each 5-7 ounce Salmon Filets, pin bones removed  
1 tsp. Cooking Oil  
Salt and Pepper to Season

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Heat a large sauté pan on your stovetop to medium high
3. Season both sides of salmon filets with salt and pepper
4. Add 1 tsp. of oil to pan
5. Place filets "round" or "presentation side" down.
6. Cook over medium high heat for 3-4 minutes. They should become lightly browned
7. Turn Salmon filets over and cook 1 minute.
8. Place pan in oven and cook another 8 minutes, or until filet is cooked to desired doneness. If you like your salmon cooked all the way through, cook until you see albumen (the white matter) forming on the sides.

## NUTRITION FACTS PER SERVING

Calories: 310   Fat: 16g (Saturated Fat: 2.4g)   Carbohydrates: 0g   Fiber: 0g   Sugar: 0g   Protein: 39.2g



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