



Spicy Salmon with Orange Peppered Vinaigrette:

Sweet rosy oranges with peppered relish top healthy salmon dinner

Pepper Relish Vinaigrette:

- 1 Tablespoon apple vinegar
- 1/2 Tablespoon soy sauce
- 1/2 teaspoon sesame oil
- 1/4 teaspoon honey
- Minced zest of blood or sweet oranges
- 1/4 cup orange juice
- 1/2 cup pepper relish

Spicy Blackened Salmon

- 1 teaspoon olive oil
- 1/2 Tablespoon unsalted butter
- 1-1/2 lb. boneless salmon filet
- 1 teaspoon blackened seasoning or as desired

2 Tablespoons fresh blood or sweet orange juice
Fresh dill sprigs

Prepare Vinaigrette: Whisk vinegar, soy sauce, sesame oil, honey, zest, and orange juice. Stir in pepper relish. Set aside.

Cook Salmon: In 12-inch skillet. Place oil and butter in pan; preheat pan to 375 degrees F., medium heat. Season salmon lightly with blackened seasoning to taste.

When temperature is reached; place salmon in pan skin side up; cook for 7 minutes. Turn salmon over; cook for 7 minutes or reached desired doneness. Drizzle orange juice over hot salmon.

To Serve: Remove salmon to platter; drizzle pepper relish vinaigrette as desired over salmon. Garnish salmon with fresh dill sprigs. Serve any remaining vinaigrette in a side bowl to serve with salmon.

Serves: 4

About the Recipe: The combination of sweet oranges with red pepper relish is amazing. It adds an attractive sparkle to the hot spiced salmon. Use sweet oranges or blood oranges, if available, for a unique flavor blend and spectacular color,