

Skillet Lemon-Pepper Salmon



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DEPOSITORY.

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Serves: 4

Prep: 2 minutes | **Cook:** 8-10 minutes

INGREDIENTS

- 4 (5-6 ounces) skin-on salmon fillets
- 1 teaspoon cracked black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 2 tablespoons lemon juice, divided
- 1 tablespoon olive oil
- Pinch of flaky sea salt
- 1 teaspoon grated lemon zest (optional)
- 2 tablespoons fresh parsley, finely chopped (optional)

DIRECTIONS

1. Pat salmon dry and place, skin-side down, in a medium bowl. Sprinkle with pepper, paprika, garlic powder, 1/2 teaspoon salt and 1 teaspoon lemon juice.
2. Heat oil in a large nonstick pan over medium-high heat until shimmering.
3. Add the salmon, skin-side down; cook until the skin releases from the pan easily and the edges are opaque, about 4 minutes. Reduce heat to low and flip the salmon. Continue cooking until an instant-read thermometer inserted in the thickest part of the salmon registers 145°F, 3 to 5 minutes.
4. Sprinkle the salmon with the remaining 1 tablespoon lemon juice and flaky salt. Parsley and lemon zest are optional.



Nutrition Information	
<i>Serving Size: 169 g</i>	
Calories	360
Total fat	24 g
Saturated Fat	5 g
Trans fat	0 g
Cholesterol	85 mg
Sodium	420 mg
Carbohydrates	1 g
Fiber	0 g
Sugars	0 g
Protein	32 g

Recipe sourced from: EatingWell