



Jerk Salmon

This spicy salmon is both simple to make and delicious. Try pairing it with a fruit salsa and your favorite low-potassium salad for a complete meal.

Dinner (http://Kitchen.Kidneyfund.Org/#Meal_type/Dinner)

Easy (http://Kitchen.Kidneyfund.Org/Difficulty_Level/Easy/)

Serving size	Makes
1 piece	6

Ingredients

6 salmon fillets, skin on (About 1 pound total)

3 tablespoon oil, divided (such as canola or olive oil)

1 tablespoon of honey (or 100% maple syrup)

Juice of 1 lime

3 tablespoons salt-free jerk spice blend **or the following homemade seasoning blend:**

2 teaspoons garlic powder

2 teaspoon onion powder

2 teaspoon dried thyme

1 teaspoon cayenne powder

1 teaspoon cumin

1/2 teaspoon ground allspice

1/2 teaspoon cinnamon

1/2 teaspoon ginger

Nutrition Info

Makes: 6 **Serving Size:** 1 piece

Calories	180	Fat	12 g	Saturated Fat	1 g
Cholesterol	40 mg	Carbohydrates ⁴	g	Sugar	3 g
Protein	15 g	Sodium	35 mg	Calcium	11 mg
Phosphorus ⁵	51 mg	Potassium	379 g		

Instructions

1. Rinse salmon and pat dry with a paper towel. Place in a gallon size Ziploc bag or baking dish and set aside.
2. In a small bowl, whisk together spices, 2 tablespoons of oil, honey, and lime juice. Pour marinade over salmon, being sure to coat each piece on both sides. Seal the bag, or if using a dish, cover. Let salmon marinate for at least 20 minutes, and up to 2 hours.
3. In a large skillet, heat remaining 1 tablespoon of oil on medium-high heat. Cook salmon for 8 minutes, turning over once halfway, and until cooked through and lightly golden on each side. Serve immediately.

Recipe contributed by Natasha Eziqiel-Shriro, MS, RDN, CDN



This recipe can also be prepared on the grill for about 5 minutes per side, baked at 375 degrees for 30-40 minutes, or broiled for about 6 minutes per side.

Make extra of the jerk spice seasoning and store in an airtight container for next time.