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Wellness Ideas for Everyday Living.

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Easy Salmon Fillets

Ingredients:

2 salmon fillets

Dry Rub

1 tbsp dried oregano
1/2 tsp cayenne pepper
1/4 tsp sea salt
Lemon zest of 1/2 lemon

Directions:

1. Mix rub ingredients together.
2. Pat salmon dry and coat all sides with rub.
3. Cook in a heated, oiled skillet or grill for 6 minutes on each side or until fish flakes.
4. Enjoy hot or cold.

- When served cold makes a great lunch or dinner during the hot summer months
- Vary the spices to suit your taste. Paprika, thyme, onion or garlic powder make great additions or substitutes.