Sweet and Spicy Grilled Salmon
Serves: 4
Adapted from: https://www.foodnetwork.com

Items Needed: small bowl, measuring spoons, whisk, grill brush, grill tongs

Ingredients:
2 TB hot sauce
1 TB packed dark brown sugar
1 tsp smoked paprika
¼ tsp cayenne pepper
Four 5-oz center-cut skin-on salmon fillets, about 1 inch thick
½ tsp Salt
¼ tsp Pepper
Vegetable oil, for grilling

Directions:
1. Preheat an outdoor grill or grill pan on medium high
2. Mix together the hot sauce, brown sugar, paprika, and cayenne in a small bowl
3. Sprinkle the salmon fillets with salt and pepper
4. Brush the grill grate lightly with oil
5. Lay the salmon on the grill, skin-side up, and cook until distinct grill marks appear and the salmon releases easily from the grate, 2-3 minutes
6. Turn and brush the fish with some of the reserved sauce
7. Continue to cook the fish, brushing occasionally with the sauce, until the fillets are glazed and just cooked through, 13-15 minutes more
8. Transfer the fillets to plates and serve

Nutrition Information:
Calories: 236 Fat: 12g Carbs: 3g Protein: 28g Fiber: 0g Sodium: 377mg

Recipes are sent to Lauren Battista and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group. Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo.