

Blackened Salmon Sandwich

Ingredients

1 lb Salmon Fillet, cut into 4 portions
2 tsp blackening or Cajun seasoning
1 small avocado, pitted
2 tbsp low-fat mayonnaise
4 crusty whole-wheat rolls, split & toasted
1 cup arugula
2 plum tomatoes, thinly sliced
1/2 cup thinly sliced red onion
Vegetable Oil

Directions

Pre-heat grill pan. Add 1 tbsp of oil to pan and heat. Rub salmon on both sides with blackening or Cajun seasoning. Grill until cooking through, 3-4 minutes, per side.

Mash avocado and mayonnaise in a small bowl. To assemble sandwiches, spread some of the avocado mixture on each roll and top with salmon, arugula, tomato & onion.

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

