



# Cooking in the Kitchen at Olums

**Molly Morgan** *RD, CDN, CSSD*  
*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
**Olums.com**

## Blackened Salmon Tacos

Serves 6-8

### Blackening Seasoning Ingredients:

1 Tbsp. paprika  
1 tsp. garlic powder  
1 tsp. thyme  
1 tsp. onion powder  
1 tsp. oregano  
1/4 tsp. salt  
1/4 tsp. cayenne pepper  
1/2 tsp. black pepper

### Pineapple Pico Ingredients:

5 plum/roma tomatoes, chopped and seeded  
1 cup pineapple, chopped  
1/2 cup sweet onion, chopped  
1/2 cup fresh cilantro, chopped  
4 scallions (white and light green parts only), chopped  
1 Tbsp. diced jalapeño (optional)  
1 tsp. fresh lemon juice

### Other Ingredients:

4 salmon fillets  
tortillas, warmed  
shredded carrots  
diced bell peppers (or favorite vegetable)

### Directions:

1. Preheat oven to 450° F.
2. Mix spices together to make blackening seasoning.
3. Generously sprinkle seasoning over salmon fillets.
4. Bake at 450° for 10 minutes per fillet. (Make sure internal temperature reaches at least 145° F)
5. While the fish are baking, mix up pico ingredients in a bowl.
6. Flake fish and serve in warmed tortillas, topped with pico, shredded carrots, and diced bell peppers.