



Szechuan Spicy Salmon

From the kitchen of: Flint Steelheaders

Preparation time: 30 min.

Number of servings: 2

INGREDIENTS

4-4oz pieces of salmon skined & filleted
1-bottle of (House of Tsang) szechuan spicy you can get it at Meijer
Olive oil
salt & pepper
Pam cooking spray for grill

INSTRUCTIONS

Lightley cover both sides with olive oil and salt & pepper to taste. On one side put Szechuan Spicy seasoning about 1 tps. per piece. This seasoning is a little spicy so adjust from there. Put grill on med heat spray with pam place fish on grill and close cover. The temperature of each grill varies so you may have to turn your grill up or down. Cook for 20 to 25 min Good Eating.



Bronco Mustard & Honey

From the kitchen of: Flint Steelheaders

Preparation time: 30 min.

Number of servings: 2

INGREDIENTS

4-4oz pieces of salmon skined & filleted
3 tps. "D.L. Jardine's Mustard (Bronco Brand)
3 tps. Honey
Lawry's Seasoned Salt
Olive oil
Pam cooking spray for grill

INSTRUCTIONS

Lightley cover both sides with olive oil. Then sprinkle lawry's salt on both sides. Mix the 3 tps. of honey to the 3 tps. of mustard. On one side put the mustard & honey mixture about 1 tps. per piece. Put grill on med heat spray with pam place fish on grill and close cover. The temperature of each grill varies so you may have to turn your grill up or down. Cook for 20 to 25 min Good Eating.