



Salsa Salmon

From the kitchen of: Flint Steelheaders

Preparation time: 30 min.

Number of servings: 2

INGREDIENTS

4-4oz. pieces of salmon skin & filleted
1 - med. size jar of Chi Chis salsa -
(mild, med. or hot.)
Mexicali cheese
salt & pepper
Aluminum foil 18" wide
Pam cooking spray (high heat)

INSTRUCTIONS

Tear off a piece of aluminum foil large enough to rap around your fish. Spray foil with pam on the dull side . Place fish on foil salt & pepper to taste then cover fish with salsa (about a cup)rap foil up tightly around fish. Place fish on grill on mild heat close top. Cook for 8 to 10 min. on each side. Then open foil and cover fish with cheese. Close foil back up for 2 min. letting cheese melt. Good Eating



Blackened Salmon

From the kitchen of: Flint Steelheaders

Preparation time: 30min.

Number of servings: 2

INGREDIENTS

4-4oz. pieces of salmon skined & filleted
Blackened Redfish Magic (Chef Paul Prudhommes) you can get at Meijer
Olive oil
salt & pepper
Pam cooking spray for grill high heat

INSTRUCTIONS

Lightley cover both sides with olive oil and salt & pepper to taste. On one side put blackening season about 1/4 tps. per piece. This seasoning is a little spicey 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.