

# Sheet Pan Baked Blackened Salmon



Great fish recipe for fish haters! Can be made in foil for a fast, easy tailgate recipe that's delicious and good for you. The Asparagus are great finger foods for game watching and since they are natural diuretics, you'll wake up less bloated .

**PREP TIME:** 10 minutes

**COOK TIME:** 15 minutes

**TOTAL TIME:** 25 minutes

**SERVES:** 2

## Ingredients:

- (8 oz.) Salmon (or Tilapia) washed and cleaned, cut into two pieces
- (1 head) Asparagus
- Salt and pepper to taste, if needed. Or spray with Canola oil and Balsamic vinegar
- (2 tbsp.) Paprika
- (1 tsp.) Garlic powder
- (1 tsp.) Onion powder
- (1 tsp.) Red chili powder
- (1 tsp.) Oregano

*NOTE: For easier prep use pre-made, store-bought Blackened Spice Mix*

## Directions:

- Preheat oven to 400° F.
- Sprinkle pre-made spice mix or Blackened Spice Mix over fish that's been washed and cleaned.
- On a parchment paper lined baking sheet/sheet pan, lay salmon or tilapia
- Spray them with olive oil spray on both sides.
- Generously rub the seasoning on both the sides of the fish.
- Distribute the Asparagus in the empty space around the fish on sheet pan.
- Bake in oven for 7 minutes
- Flip the fish after 7 minutes and bake for another 7 minutes, or until fish is cooked through. The outside will be baked parmesan crust-like .