BLACKENED SALMON
WITH SUMMER’S END PANZANELLA SALAD

**INGREDIENTS**

**BLACKENED SALMON**
1 (6-7 oz) piece of salmon
4 tbsp blackening seasoning, or Cajun seasoning
2 tbsp olive oil

**SUMMER’S END PANZANELLA SALAD**
3-4 cups cubed bread
2 tbsp olive oil
1 tsp salt
1/4 tsp black pepper
8 cherry tomatoes, halved
1 small zucchini, halved lengthwise, then cut into half moons
1-2 radish, thinly sliced
1/2 fennel bulb, thinly sliced
3 tbsp chopped parsley
2 tbsp olive oil mixed with juice from one lemon

**DIRECTIONS**

**BLACKENED SALMON**
1. Heat oil in nonstick sauté pan over medium high heat, until smoking.
2. Season salmon on both sides with blackening seasoning.
3. Place salmon in heated oil and sear for 4 minutes.
4. Flip salmon over and place in preheated 400°F oven and cook another 6-7 minutes, until cooked to your liking.

**SUMMER’S END PANZANELLA SALAD**
1. Preheat oven to 400 °F.
2. Toss bread with olive oil, salt and pepper. Spread into a baking pan and cook in oven until toasted, 6-8 minutes.
3. While bread is toasting, place all veggies and herbs in a bowl.
4. Remove bread from oven, then roast veggies for 5 minutes.
5. Place toasted bread cubes and veggies into a bowl and toss with the oil/lemon juice mixture. Plate veggies and add salmon to serve.

**INGREDIENTS SOURCED FROM OUR LOCAL PRODUCERS**

- Cherry Tomatoes, Parsley & Radish - **Acadian Family Farm** (Fort Cobb, OK)
- Zucchini - **Crows Vegetable Farm & Greenhouse** (Shawnee, OK)
- Olive Oil - **Ms. Netties Herbs Teas & Spices** (OKC, OK)

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