



## 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)
- Olive Oil - **Ms. Netties Herbs Teas & Spices** (OKC, OK)

- Zucchini - **Crows Vegetable Farm & Greenhouse** (Shawnee, OK)