Cumin-Crusted Salmon

Ingredients
2 teaspoons cumin seeds
2 teaspoons ground cardamom
¾ teaspoon sea salt
4 5-ounce fresh Alaskan salmon fillets, skin on

Directions
1. Preheat oven to 425 degrees Fahrenheit.
2. Sprinkle cumin seeds, cardamom, and ¼ teaspoon of the salt over the meaty sides of the salmon. Heat a large oven-proof skillet over medium-high heat until hot. Coat with grapeseed oil or non-stick cooking spray. Add the salmon, seasoned sides down; cook for 3 minutes or until browned. Turn the fillets over; place the skillet in the oven and bake for 8-10 minutes or until the salmon is opaque in the center.
3. For spicier flavor, add 1 teaspoon chipotle hot pepper sauce, such as Tobasco.

Recipe adapted by Leigh Wagner MS, RD, LD from Chef MD's Big Cook of Culinary Medicine by John La Puma.