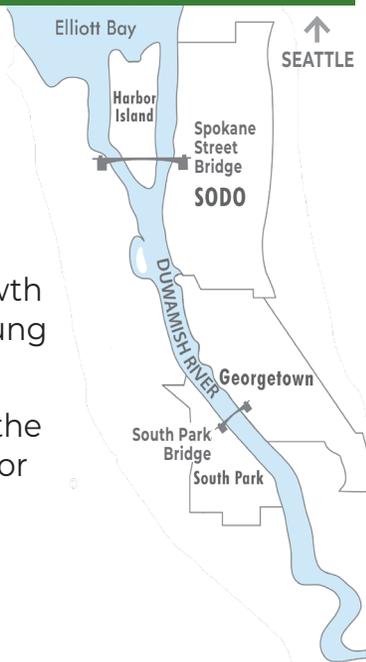


The only Duwamish River seafood safe to eat is Salmon.

In the Duwamish River, chemical pollution that you cannot see gets into the bottom fish, shellfish, and crab that spend their entire lives in the river.

These chemicals can harm the growth and development of babies and young children.

Salmon spend only a short time in the river. They are nutritious and good for your heart and brain.



Trained Community Health Advocates partner with the program agencies to conduct community-based health education.

**FUN TO CATCH
TOXIC TO EAT**

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON
El único pescado del río Duwamish que es seguro para comer es el salmón

Public Health
Seattle & King County



GAL
GRUPO
ASESOR
LATINO

For more information:

www.kingcounty.gov/duwamish-fishing | 206-263-0906 | grupoasesorlatino@gmail.com

Blackened Cajun Salmon w/ Caesar Salad

INGREDIENTS (for 4 servings)

- 4 Salmon Fillets (4 oz. each)
- 1 tbsp Olive Oil
- Cajun Seasoning
- 2 tbsp Salt
- 1 tbsp Sugar
- 2 tbsp Paprika
- ¼ tsp Cayenne Pepper
- 1 tbsp White Pepper
- 1 tbsp Onion Powder
- 1 tbsp Garlic Powder
- 1 tbsp Black Pepper
- ½ tsp dry Basil
- ½ tsp dry Thyme
- Caesar Salad
- 4 cups Romaine Lettuce
- ¾ cup grated Parmesan Cheese
- ½ cup Caesar dressing (to taste)
- ½ cup Croutons
- Lemon wedge to garnish

DIRECTIONS

Combine all the ingredients for the Cajun Seasoning and mix well.

Heat Olive Oil in non-stick cooking pan or skillet over medium-high.

Place Salmon fillets in pan, sprinkle Cajun seasoning mix to coat the fillets.

Cook Salmon fillets for 3-4 minutes per inch thickness. Flip, coat other side with more seasoning and continue to cook until Salmon registers 145°F on thermometer inserted in center.

Use spatula to remove Salmon from heat.

Toss Caesar Salad ingredients to combine, garnish with sliced lemon and serve with blackened Salmon.

Recipe by: CHA Paco Ramos

