Open 7:00 AM - 9:00 PM
Monday - Saturday
Closed Sunday

Grocery - Event catering
Prepared meals
Custom Meats

5521 West Timpanogos Highway,
Highland UT 84003

Prices Effective
July 14-19, 2014

Meier’s Made Jalapeño
Bacon Cheddar
Artisan Bread
$4.99

Sweet Ripe
Mangos
2 for $1

12 Ct. Almond Toffee
Cookies
$4.99

Chicken
Enchiladas
$4.99 lb.

Get Gourmet Tonight
**Blackened Salmon Fillets**

- 2 tablespoons ground paprika
- 1 tablespoon ground cayenne pepper
- 1 tablespoon onion powder
- 2 teaspoons salt
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground thyme
- 1/4 teaspoon ground basil
- 1/4 teaspoon ground oregano
- 4 salmon fillets, skin and bones removed
- 1/2 cup unsalted butter, melted

**Directions**

1. In a small bowl, mix paprika, cayenne pepper, onion powder, salt, white pepper, black pepper, thyme, basil and oregano.
2. Brush salmon fillets on both sides with 1/4 cup butter, and sprinkle evenly with the cayenne pepper mixture. Drizzle one side of each fillet with 1/2 remaining butter.
3. In a large, heavy skillet over high heat, cook salmon, butter side down, until blackened, 2 to 5 minutes. Turn fillets, drizzle with remaining butter, and continue cooking until blackened and fish is easily flaked with a fork.