Salmon and Vegetable Oven Kebabs

If you have a "fish tray" for your outdoor grill and want to keep the heat out of the house, this recipe works great on the outdoor grill as well. The recipe is from the American Institute for Cancer Research [www.aicr.org](http://www.aicr.org). The AICR recommends grilling lean fish and poultry over red meats. Using marinades with fresh herbs, wine and spices reduces the formation of carcinogens during the grilling of animal protein foods. Grilled vegetables and fruits are completely free of harmful compounds. Enjoy!

**Ingredients (4 servings)**

**Marinade**
- Juice of 4 lemons
- 2 Tbsp. extra virgin olive oil
- 4 garlic cloves, minced
- 2-3 Tbsp. mix of finely chopped fresh oregano, basil and thyme
- Sea salt and freshly ground pepper to taste

**Kebabs**
- 1 lb. wild salmon, cut into 2-inch cubes
- 4 small plum tomatoes cut into quarters or 8 cherry tomatoes
- 4 large whole mushrooms, stems removed, halved
- 1 medium green bell pepper, deseeded, cut into 12 pieces
- 1 medium yellow squash, cut into 8 pieces
- Canola oil cooking spray
- 4 skewers

In a large mixing bowl combine juice, oil, garlic, seasoning, salt and pepper. Mix well and divide in half.

Add salmon and vegetables to half of marinade and gently toss to coat pieces. Cover and marinate for about 30 minutes, occasionally rearranging pieces to ensure even coating.

Preheat broiler or grill.

Spray large shallow baking dish. Divide fish and vegetable pieces into 4 even portions. Arrange and distribute them evenly on skewers, being careful not to break fish pieces.

Place on baking dish. Brush with remaining marinade not used for marinating raw fish. Broil for about 5-8 minutes, brushing frequently with marinade. Carefully turn over kebabs and continue cooking for an additional 4 minutes, basting frequently until fish is done. Serve.

**Nutrition Analysis per Serving:**
- 259 calories
- 26 grams protein
- 13 grams fat
- 60 mg sodium
- 2 grams saturated fat
- 2 grams dietary fiber