Healthy Recipe of the Month
- June 2008

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Grilled Salmon on Spring Greens

My sister, a Seattle resident and regular consumer of salmon, raved about this recipe when we prepared it together during her annual visit with me this spring. It’s a tasty way to treat yourself to a healthy dose of omega-3 fatty acids and avoid heating up the kitchen in the summertime! I enjoy serving this dish with a side of corn or fresh corn on the cob and a crusty kalamata olive or cracked wheat bread. Jodi Charvoz, RD

Ingredients (makes 4 servings)

- 1 pound boned, skinned salmon fillet, cut into 4 equal pieces
- 3 tablespoons light brown sugar
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon freshly ground black pepper
- 8 ounces Spring lettuce mix or baby greens mix
- Tomato Vinaigrette (recipe follows)
- 2 ounces Irish cheese, shredded
- ¼ cup toasted pine nuts

Rinse the salmon and pat dry. In a shallow bowl, mix brown sugar, cumin, chili powder, and pepper. Place salmon pieces in bowl and rub all over with spice mixture. Place in a dish, cover and chill at least 30 minutes or up to 1 hour. Lightly spray salmon with olive or
vegetable oil spray. Place on prepared barbeque with glowing coals or pre-heated gas grill at a medium heat. Cook, turning once, until a thermometer inserted in center of thickest part reads 140 degrees, 6 to 8 minutes total. Do not overcook! Divide the salad mix equally among four plates. Place a piece of salmon on top of the greens. Drizzle salads with tomato vinaigrette, sprinkle with Irish cheese and pine nuts.

**Tomato Vinaigrette** - Mix well:

- 1 cup diced Roma tomatoes
- ¼ cup red wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon minced shallots
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- ¼ black pepper

**Nutrient analysis per serving**

- 450 calories
- 30 g. protein
- 3 g. fiber
- 7 g. saturated fat
- 2 g. omega 3 fatty acids
- 300 mg. sodium