



RECIPE OF THE WEEK

BARBEQUED SALMON



- 6 salmon fillets with skin (6 oz. fillets)
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 2 teaspoons dried thyme
- 1 clove garlic, minced

Combine the soy sauce, lemon juice, olive oil, thyme and minced garlic to make the marinade. Pour marinade over the fish and marinate for 1 hour, turning fish occasionally.

Prepare the grill to medium heat; lay a sheet of aluminum foil on the hot grill.

Place fish, skin side down, on the foil. Cook 20-25 minutes until the fish flakes easily. Do not turn the fish! When you take the fish off the grill, slide the spatula between the fish and the skin. The skin will stick to the foil.

Enjoy!

Yield: 6 servings

Adapted from Steamboat Inn's "Thyme and the River" Cookbook

Nutritional Breakdown Per Serving:

- 280 calories
- 17 grams fat (saturated – 4.2 grams)
- 40 grams protein
- 370 mg. sodium