

Grilled Salmon Fillets with Raspberry Salsa

Whether you're up at the cottage or entertaining friends and family at home, this is a perfect summer BBQ recipe!

Makes: 4 servings

Ingredients:

Raspberry Marinade

- 1 lime, scrubbed well and dried
- 1 tbsp. (15 mL) canola oil
- 1 tbsp. (15 mL) grainy Dijon mustard
- 1 ½ cups (375 mL) fresh raspberries, rinsed, drained, and patted dry
- One 13 oz. (370 g) skinless salmon fillet

Raspberry Salsa

- 1 lime, scrubbed well and dried
- ¼ cup (60 mL) finely chopped fresh cilantro
- 2 green onions, thinly sliced
- 1 tsp. (5 mL) red pepper flakes
- 1 tsp (5 mL) extra virgin olive oil
- 1 ½ cups (375 mL) fresh raspberries, rinsed, drained, and patted dry

Garnish

- 8 cups (2 L) lightly packed mixed baby greens, washed and spun dry

Directions:

1. For the marinade, roll the lime on the counter with your palm (this makes the lime yield more juice), then cut it in half and squeeze out 2 tbsp. (30 mL) juice.
2. Whisk together the lime juice, oil, and Dijon in a medium bowl. Add the raspberries and crush them lightly. Pour the marinade into a large resealable plastic bag or non-metallic baking dish.
3. Cut the salmon into 4 even-sized pieces. Add the salmon the bag or dish.
4. If using a bag, gently press the air out and seal the bag. Massage the bag to make sure the marinade is coating the salmon. If using a baking dish, make sure the marinade coats the salmon well. Cover the dish tightly. Refrigerate for 30 minutes.



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5. Meanwhile, for the salsa, using a Microplane grater, remove the zest from the lime and set aside. Again with your palm, roll the lime on the counter, then cut it in half and squeeze out 2 tbsp. (30 mL) juice.
6. Mix together the lime zest and lime juice, cilantro, green onions, red pepper flakes, and oil in a large bowl. Add the raspberries and toss gently. Set aside.
7. When the salmon has marinated for 30 minutes, preheat the barbeque to high. Remove the salmon from the bag for dish, discarding the marinade. Avoid the temptation to pour the marinade over the fish while it's grilling; the marinade has had raw fish in it, so it needs to be thrown out.
8. Place the salmon on the grill, close the lid, and reduce the heat to medium. Grill until the salmon releases easily from the grill, 3 to 5 minutes. Flip the salmon over. Close the lid and cook until the pieces are opaque and start to flake when prodded, with no raw-looking parts inside, 3 to 5 minutes, depending on the thickness of the fillet. Salmon needs to be just cooked; overcooking will dry it out. A meat thermometer inserted into each piece of fish should register 158°F (70°C).
9. To serve, divide the greens evenly among 4 plates. Place a piece of grilled salmon on top of each portion of greens and spoon one-quarter of the salsa over the greens and fish.

Tip: Do not wash fresh berries until you use them and never soak them. Rinse and drain them well in a colander, let dry on paper towels, and use them right away.

Nutritional Information per serving (Made with Atlantic Farmed Salmon): 253 calories, 13.7 g total fat, 2.3 g saturated fat, 0 g trans fat, 100 mg sodium, 12.7 g carbohydrate, 5 g fibre, 3.7 g sugars, 21 g protein

Nutritional Information per serving (Made with Wild Sockeye Salmon): 240 calories, 11.9 g total fat, 1.7 g saturated fat, 0 g trans fat, 89 mg sodium, 12.7 g carbohydrate, 5 g fibre, 3.7 g sugars, 22 g protein

Source: Adapted from Healthy Starts Here! By Marilyn Smith