

Grilled Salmon & Veggies

Ingredients

(2) 3 oz. Salmon Fillets – bones removed (Tip: Press with your fingers along the meat to find the bones, and remove them with a clean pair of needle nose pliers.)

½ plus ¾ Cup Vegetable or Chicken Broth

¼ Cup Soy sauce

¼ Brown Sugar

1 Medium Onion, peeled and cut into slices

1 Red Bell Pepper, seeded and cut into thin strips

1 Green Bell Pepper, seeded and cut into thin strips

1 Medium (7 oz) Zucchini, cut at an angle into ovals

1 Teaspoon of Primo's Gourmet Garlic Hickory Seasoning, or Memphis BBQ Spice or Pappy's.

2 Tablespoons Marsala Cooking Wine

Ingredient	Calories	Fat
Salmon	288	12
Veggies	140	1
Liquids	50	0
Total:	478	13
Each Serving:	289	6.5

Directions

Prep the Salmon ahead of time

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable or chicken broth until sugar is dissolved. Place fish in a large plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.

Cook the Veggies

1. Place the broth into a large frying pan with the entire lot of vegetables.
2. Bring pan to a boil, then reduce heat to medium low, and simmer for 6 -7 minutes.
3. Add the spices of your choice.
4. Add the Marsala and turn the heat up for 2 minutes.

Grill the salmon

1. Preheat grill for medium heat.
2. Lightly oil grill grate.
3. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork

Yield: 2 Servings. Serve with cooked brown basmati rice or a baked potato for a wonderful and satisfying meal,. The reduced juices from the vegetable sauté make it yummy!

