Cedar Plank-Grilled Salmon with Mango Kiwi Salsa

Steven Raichlen Cooking Light Magazine - July 2012

Servings: 4 Preparation Time: 25 minutes Start to Finish Time: 40 minutes

large cedar plank
cup peeled ripe mango, finely diced
cup kiwifruit, peeled and diced
tablespoons fresh cilantro, chopped
teaspoon extra-virgin olive oil
teaspoon fresh lime juice
serrano chile, finely chopped
teaspoon Kosher salt
teaspoon freshly ground black pepper, divided
six-ounce sustainable skinless salmon fillets

Soak the plank in water for 25 minutes.

Preheat the grill to medium-high heat.

In a bowl, combine the mango, kiwifruit, cilantro, olive oil, lime juice and serrano chile. Add 1/4 teaspoon of salt and 1/4 teaspoon of pepper.

Place the plank on the grill rack. Grill for 3 minutes or until lightly charred. Turn the plank over. Place the fish on the charred side. Cover and grill 8 minutes or until the desired degree of doneness.

Place each fillet on a plate. Top each with 1/3 cup of the mango salsa.

Per Serving (excluding unknown items): 11 Calories; 1g Fat (87.9% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 235mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat.