

Fresh Herb-Rubbed Salmon

Southern Living Best Barbecue Recipes - June 2011

Servings: 6

Preparation Time: 15 minutes

Grill Time: 6 minutes

1/4 cup tightly packed fresh parsley leaves

1/4 cup tightly packed fresh cilantro leaves

1/4 cup onion, chopped

2 cloves garlic, pressed

3 tablespoons olive oil

1 1/2 teaspoons chili powder

1 teaspoon dried oregano

1/2 teaspoon salt

6 6-ounce salmon fillets

in a food processor, process the parsley, cilantro, onion, garlic, olive oil, chili powder, oregano and salt until smooth.

Place the salmon fillets, skin side down, in a 13x9-inch baking dish.

Spread the herb mixture evenly over the fillets.

Cover and chill for one hour.

Preheat the grill to 400 to 500 degrees (high) heat.

Grill the salmon, skin side down, covered with the grill lid, for 6 to 10 minutes or until the fish flakes with a fork.

Per Serving (excluding unknown items): 264 Calories; 13g Fat (44.7% calories from fat); 34g Protein; 1g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 298mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 1 1/2 Fat.