

Grilled Citrus and Herb Salmon

Aldi Test Kitchen
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Servings: 3

2 tablespoons chopped fresh basil
2 tablespoons chopped fresh cilantro
1/4 cup chopped fresh parsley
3 cloves garlic, minced
3 tablespoons pure olive oil
1 teaspoon crushed red pepper
2 tablespoons white vinegar
3/4 teaspoon sea salt
1 teaspoon black pepper
1 pound fresh Atlantic salmon, cut into three fillets
canola cooking spray
2 limes (optional), peeled and sliced
1 lemon (optional), peeled and sliced
2 cara cara oranges, peeled and sliced
2 cups arugula

Preparation Time: 5 minutes

Cook Time: 14 minutes

Preheat the grill to medium-high heat.

In a medium bowl, stir together the basil, cilantro, parsley, garlic, olive oil, crushed red pepper and vinegar. Season to taste with salt and pepper. Add additional vinegar, if desired.

Remove the thawed salmon from the packaging. Pat dry with paper towels. Evenly season with 3/4 teaspoon of salt and one teaspoon of pepper.

Spray the preheated grill with cooking spray. Grill the salmon for 4 to 5 minutes per side or until a thermometer inserted reads 145 degrees.

Season the sliced fruit with salt and pepper to taste. Grill until warm, about 1 to 2 minutes per side.

To serve: Place the arugula on the bottom of a serving dish. Top with the grilled citrus. Place the grilled salmon on top of the citrus. Spoon the desired amount of herb mixture onto the salmon.

Per Serving (excluding unknown items): 14 Calories; trace Fat (8.2% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 478mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.