
Grilled Salmon Fillet with Parsley Sauce

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

Servings: 4

1/2 cup pine nuts

6 cups Italian parsley leaves

6 tablespoons Parmesan cheese, grated

2 teaspoons garlic, chopped

juice of two lemons

1 1/2 cups olive oil

salt (to taste)

pepper (to taste)

2 pounds salmon fillets

Roast the pine nuts on a baking sheet at 400 degrees until golden brown. Set aside to cool.

In a food processor, blend the pine nuts, parsley, Parmesan cheese, garlic, lemon juice and olive oil. Add salt and pepper to taste.

Brush the salmon fillets with olive oil and salt and pepper. Grill over a medium fire until the fish is firm to the touch.

Garnish the salmon fillets with sprigs of fresh parsley.

Serve the Parsley sauce on the side.

Seafood

Per Serving (excluding unknown items): 1113 Calories; 100g Fat (80.1% calories from fat); 53g Protein; 3g Carbohydrate; 1g Dietary Fiber; 124mg Cholesterol; 293mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 17 1/2 Fat.