

Grilled Salmon with Perfectly Pink Salsa

Publix Greenwise Market Magazine - Spring 2012

Servings: 4

Preparation Time: 20 minutes

Grill Time: 14 minutes

SALSA

2 grapefruit, peeled, sectioned and chopped

1 cup fresh raspberries

2 tablespoons grapefruit juice

1 teaspoon sugar

SALMON

4 (about 1 1/2 lbs total) fresh or frozen salmon fillets, about 1-inch thick

2 tablespoons sugar

1 1/2 teaspoons orange peel, finely shredded

3/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

nonstick cooking spray

For the salsa: In a bowl, combine the grapefruit, raspberries, grapefruit juice and sugar.

Cover and chill until ready to serve or for up to 24 hours.

Thaw the fish, if frozen. Rinse the fish. Pat dry with paper towels.

In a bowl, stir together the sugar, orange peel, salt and pepper.

Place the salmon fillets in a 3-quart rectangular baking dish.

Sprinkle the sugar mixture onto the salmon fillets. Rub in with your finger. Cover and chill for 1 to 2 hours or up to 24 hours if making in advance,

Coat an unheated grill rack with nonstick cooking spray.

FOR A CHARCOAL GRILL. Arrange medium-hot coals around a drip pan. Test for medium heat above the pan. Drain the salmon, discarding the liquid. Place the salmon fillets on the grill rack over the drip pan. Cover and grill for 14 to 18 minutes or until the fish flakes easily when tested with a fork.

FOR A GAS GRILL: Preheat the grill. Reduce heat to medium. Adjust for indirect cooking. Place the salmon fillets on the grill rack over the burner that is off. Cover and grill for 14 to 18 minutes or until the fish flakes easily when tested with a fork.

Remove the fish from the grill.

Serve the fish with the Perfectly Pink Salsa.

Per Serving (excluding unknown items): 86 Calories; trace Fat (2.9% calories from fat); 1g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 400mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.