



Cedar Planked Salmon with Jalapeño-Corn Salsa

Prep: 15 minutes plus soaking

Grill: 20 minutes • Serves: 4

- 1 cedar grilling plank
- 2 ears of corn, silks and husks removed
- 2 jalapeño peppers
- 4 teaspoons extra virgin olive oil
- 3 tablespoons finely chopped red onion
- 2 tablespoons coarsely chopped fresh cilantro leaves
- 2 tablespoons fresh lime juice
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground chipotle powder
- $1\frac{1}{2}$ pounds fresh salmon fillet
- 1 tablespoon fresh lemon juice

1. Immerse plank in warm water at least 30 minutes. Prepare outdoor grill for direct grilling over medium-high heat.

2. Coat corn and jalapeños with 2 teaspoons oil. Place corn and jalapeños on hot grill rack; cover and cook 5 minutes, turning frequently to brown all sides. When cool enough to handle, cut corn from cob. Cut jalapeños lengthwise in half; with knife, scrape out seeds and veins then finely chop.

3. In medium bowl, toss onion, cilantro, lime juice, $\frac{1}{2}$ teaspoon salt, chipotle powder, corn and jalapeños. Makes about 2 cups.

4. Place salmon, skin side down, on plank and rub remaining 2 teaspoons oil over top; sprinkle with remaining $\frac{1}{4}$ teaspoon salt. Place plank with salmon on hot grill rack; cover and cook 15 to 20 minutes or until salmon turns opaque throughout and internal temperature reaches 145° . Drizzle salmon with lemon juice and top with salsa to serve.

*Approximate nutritional values per serving:
374 Calories, 20g Fat (5g Saturated),
74mg Cholesterol, 526 mg Sodium,
12g Carbohydrates, 1g Fiber, 30g Protein*

Dietitian's Dish

- > Balance the meal to include a serving of fruit and dairy. Try a fruit salad topped with yogurt.