

Herbed Whole Salmon on the Grill

Serves: 8

Prep Time: 15

Ingredients:

1 whole Alaska Salmon or salmon roast, fresh, thawed, or frozen
4 sheets heavy duty aluminum foil, sized 6 inches larger than length of salmon
1 large onion, sliced OR 2 leeks, separated into leaves
1 lemon or lime, halved
1 Tablespoon favorite seasoning (Italian, Mexican, Cajun, lemon pepper, etc.)
1-1/2 cups coarsely chopped fresh favorite herbs (basil, cilantro, oregano, dill, savory, rosemary, etc.)



Directions:

RINSE any ice glaze from frozen Alaska Salmon under cold water, pat dry with paper towels.

LAY OUT 2 sheets of aluminum foil, double thickness, on a large tray. Spray-coat top layer with nonstick cooking spray.

LAY half of onions or leeks lengthwise across center of foil.

PLACE salmon over onions; squeeze lemon or lime on both sides of fish.

SPRINKLE dry seasoning onto salmon. Place fresh herbs over, under and (if fish is not frozen) into the belly cavity.

LAY OUT remaining 2 sheets of foil, double thickness. Spray-coat top layer, then place coated side facedown onto herbs and salmon. Roll up, crimp and seal all sides to form packet.

COOK FROZEN SALMON over medium-hot grill (450_F), 5 to 6 inches from heat, for 50 to 60 minutes, turning packet over every 15 minutes. Cook just until fish is opaque throughout.

COOK FRESH OR THAWED SALMON over medium grill (400_F), 5 to 6 inches from heat, for 45 to 55 minutes, turning packet over every 15 minutes. Cook just until fish is opaque throughout.

SUGGESTED FLAVOR COMBINATIONS: MEXICAN: lime, cilantro, onion, Mexican seasoning
MEDITERRANEAN: lemon, oregano, basil, Italian seasoning CONTINENTAL: lemon, dill, leeks, lemon-pepper seasoning CAJUN: lemon, onion, celery salt, Cajun seasoning

Nutrients per serving: 442 calories, 14g total fat, 3g saturated fat, 29% calories from fat, 261mg cholesterol, 72g protein, 4g carbohydrate, 1g fiber, 332mg sodium, 90mg calcium and 2.3g omega-3 fatty acids.