

Grilled Lime Cumin Salmon



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Makes 4 Servings

What You Need

Salmon is a great source for heart and brain-healthy omega-3 fats.

1 lb. (500 g) Salmon fillet (skin on)

Marinade:

3 tbsp. olive oil

¼ cup lime juice

4 tsp. Worcestershire sauce

1 ½ tsp. ground cumin

1 tsp. grated lime rind

2 minced garlic cloves

Pepper and salt to taste

Per Serving

Calories 271
Carbohydrates 3 g
Protein 29 g
Fat 16 g
Dietary Fiber 0 g

How You Prepare

Slice salmon into 4-6 pieces. Whisk together the marinade ingredients and marinate salmon. Place fillets (skin side down) on a greased grill, 4-6 inches (10-15 cm) from medium hot coals or on medium high setting. Grill fillets for 10 minutes per inch (2.5 cm) of salmon thickness, until it flakes easily with a fork and flesh is opaque. Baste frequently during cooking, using all the marinade. Flip fillets over halfway through cooking by placing one metal spatula under fillet and another on top.