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Brick	Marlboro	Oakhurst	Brooklyn	Cedarhurst
732.903.7700	732.536.2027	732.663.0222	718.998.8898	516.569.6400

GRILLED SALMON WITH MUSTARDS & HERBS* Intermediate Lifestyle

Ingredients

- 2 lemons, thinly sliced, plus 1 lemon cut into wedges for garnish
- 20-30 sprigs mixed fresh herbs, plus 2 TBS chopped, divided
- 1 clove garlic
- 1/4 TSP Morton's Lite salt
- 1 TBS Dijon mustard
- 1 pound center-cut salmon, skinned* (*see tip below)

Instructions

1. Preheat grill to medium-high.
2. Lay two 9-inch pieces of heavy-duty foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 TBS chopped herbs. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs.
3. Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 18-24 minutes. Wearing oven mitts, carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1/4 of the salmon = 1 P

*How to skin a salmon fillet; Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

*Recipe from <http://www.eatingwell.com>