



BRISTOL BAY
SOCKEYE SALMON

GRILLED SALMON WITH ELOTE STYLE VEGGIES

Developed by The Real Food Dietitians

Serves 4

Prep: 15 mins.

Cook: 20 mins.

Ingredients:

Grilled Salmon:

- 4 salmon fillets (1-1 1/4 pounds)
- 1/4 teaspoon salt
- cracked black pepper
- 1 teaspoon olive oil

Grilled Elote Style Vegetables:

- 4 small (or 2 large) ears of corn, husks removed
- 4 small zucchini, cut lengthwise into “planks”
- 1 tablespoons olive oil
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 ounces cotija cheese, crumbled
- Juice + zest of 1 lime
- 1 cup fresh cilantro, chopped
- Salt and pepper, to taste
- Lime wedges for serving
- Optional: sliced avocados for serving

Directions:

- 1** Preheat the grill to medium-high heat (375-400).
Brush salmon fillets with olive oil and sprinkle with salt and pepper. Set aside.
- 2** Brush corn and sliced zucchini with oil then sprinkle with salt, pepper, and chili powder.

When the grill is hot, place the corn and zucchini over the hottest part of the grill and cook for 5-6 minutes or until zucchini is grilled marked and the corn is lightly charred. Rotate the corn and flip the zucchini, cooking another 5-6 minutes.
- 3**
- 4** Add the salmon fillets to the grill skin-side down and cook for 10-12 minutes or until flesh is no longer opaque and it flakes easily with a fork.
- 5** When vegetables are tender and lightly charred, remove them to a plate (they may be done before the salmon is done depending on where they are on the grill).
- 6** Cut corn kernels from the cob and dice grilled zucchini into 1/4-inch cubes. Place in a bowl, toss with lime juice and zest, cotija cheese, and fresh cilantro. Taste and adjust seasonings as needed (salt, pepper, chili powder). Serve vegetables over salmon with lime wedges.

Nutrition Information: 463 calories, 25g Fat, 6g Saturated Fat, 18g Carbohydrate, 4g Sugar, 4g Fiber, 44g Protein, 512mg Sodium



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