



## Lemon Ginger-Grilled Salmon

By Rebecca Katz

Interchange lemon with lime or orange, or add them all together for this simple, but elegant salmon recipe.

4 servings

**Prep Time:** 10 minutes plus 30 minutes of marinating time

**Cook Time:** 10 minutes

### Ingredients

- 1 teaspoon extra virgin olive oil
- 1 teaspoon honey
- 2 tablespoons fresh lemon juice
- 2 garlic cloves, minced
- 2 teaspoons grated fresh ginger or 1 teaspoon powdered ginger
- 1/4 teaspoon salt
- pinch of cayenne
- 4 salmon fillets, skin on, pin bones removed

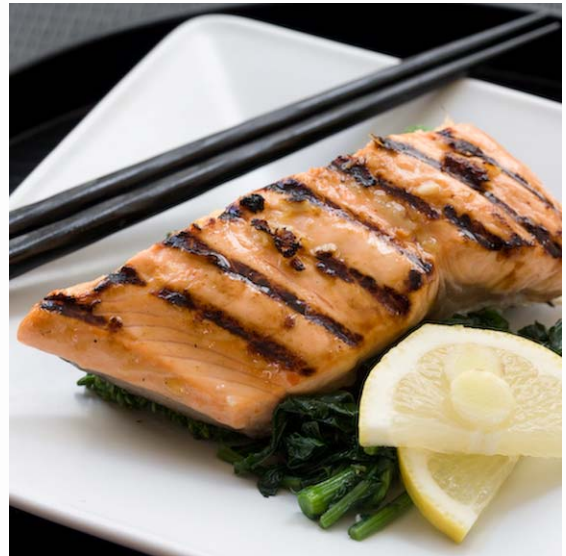


Photo: Lori Eanes Photography

### Instructions

Preheat your grill or grill pan.

In a small bowl, whisk together the olive oil, honey, lemon juice, garlic, ginger, salt and cayenne pepper. Place the salmon in a baking dish. Add the marinade and turn the salmon to coat all sides. Marinate for at least 30 minutes but no more than an hour.

To grill the salmon, brush the grill grate with oil so the salmon doesn't stick. Place the salmon, skin-side up, directly over the medium-hot fire. Cover the grill and cook on one side, about 4 minutes or until you see nice grill marks on your fish. Turn and cover again. Cook 4 to 5 minutes more, or until an instant-read thermometer inserted in the center registers between 125 and 130-degrees. Remove salmon from the grill. Transfer to a plate and remove the skin before serving.

Serve on a bed of lightly sautéed greens, or on top of a red cabbage slaw.

### **Tips**

Inner Cook Note: If you leave fish in a marinade for more than an hour, the acid in the marinade will begin to “cook” the fish.

Quick Tips: Make the marinade in advance.

Variations: No grill handy? You can use your broiler. Arrange an oven rack or broiler pan about 3 to 4 inches from the heat source and preheat the broiler. Remove the salmon from the marinade, wiping off any excess marinade. Place the salmon on a baking sheet, skin side down, and broil until the color begins to change, about 3 to 4 minutes. Turn the salmon and cook, skin side up about 3 minutes before serving.

Think ahead: Grill an extra piece of fish and top it on a salad for the next day’s lunch or dinner.