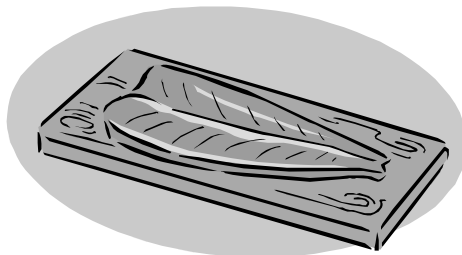


## Lemon-Grilled Salmon

### Ingredients:

2 (15- x 6-inch) cedar grilling planks  
3 tbsp chopped fresh dill  
3 tbsp chopped fresh parsley  
2 tsp grated lemon rind  
3 tbsp fresh lemon juice  
1 tbsp olive oil  
1 garlic clove, pressed  
1/2 tsp salt  
1/4 tsp pepper  
4 (6-oz.) salmon fillets



### Directions:

1. Weigh down cedar planks with a heavier object in a large container. Add water to cover, and *soak at least 8 hours*.
2. Combine dill, parsley, lemon rind, lemon juice, olives oil, and garlic; set aside.
3. Sprinkle salt and pepper evenly on salmon.
4. Remove cedar planks from water, and place planks on cooking grate on grill.
5. Grill soaked planks, covered with grill lid, over medium-high heat (350° to 400°) 2 minutes or until the planks begin to lightly smoke.
6. Place 2 fillets on each cedar plank, and grill, covered with grill lid, 15 to 18 minutes or until fish flakes with a fork.
7. Remove fish from planks to individual serving plates using a spatula. (Carefully remove planks from grill using tongs.)
8. Spoon herb mixture over fish, and serve immediately.

Makes 4 servings

**Per serving:** 310 calories, 38.7g protein, 15.7g fat (sat 2.4g, mono 6.6g, poly 5.3g), 107mg cholesterol, 1.4g carbohydrate, 378mg sodium, 0.3g fiber