

Grilled Salmon with Lemon-Cucumber Salad

Servings: 4

Ingredients for Lemon-Cucumber salad:

2 large cucumbers, peeled, halved, seeded and sliced
1 small red onion, thinly sliced
1 TBSP chopped fresh dill
1 TBLSP fresh lemon juice
1 tsp extra virgin olive oil
salt to taste

Ingredients for the Salmon:

4 salmon fillets, 4oz. each
2 tsp extra virgin olive oil or canola oil
salt and pepper



Directions for Lemon-Cucumber salad:

Combine all the ingredients (cucumbers through oil) in a large mixing bowl. Season to taste with salt

Directions for the Salmon:

Preheat the grill or pan to medium-high
Brush the salmon with oil and season with salt and pepper
Grill salmon until it is just cooked through, about 5 minutes on each side
Serve the salmon with a large spoonful of cucumber salad.

Approximate nutritional values per serving:

245 calories
17g carbohydrates
27g protein
7g fat (1g saturated fat)
364 mg sodium
4g fiber