



## Grilled Salmon with Rosemary

---

*Submitted by PEHP Member Pat G*

*Recipe Source: South Beach Diet*

### **Ingredients:**

1 pound salmon  
2 tsp extra-virgin olive oil  
2 tsp fresh lemon juice  
¼ tsp salt  
Pinch of freshly ground pepper  
2 cloves of garlic, minced  
2 tsp fresh rosemary leaves, chopped or 1 tsp dried, crushed  
Capers (optional)

### **Steps:**

- Cut the fish into 4 equal-sized portions. Combine the olive oil, lemon juice, salt, pepper, garlic, and rosemary in a bowl. Brush the mixture onto the fish.
- To grill, arrange the fish on a grill rack or use a grill basket sprayed with olive oil cooking spray. Grill over medium-hot coals until the fish flakes easily (allow 4-6 minutes per ½ inch of thickness). If the fish is more than 1 inch thick, gently turn it halfway through grilling.
- To broil, spray the rack of a broiler pan with olive oil cooking spray and arrange the fish on it. Broil 4" from the heat for 4-6 minutes per ½ inch of thickness. If the fish is more than 1" thick, gently turn it halfway through broiling.
- To bake, set oven to 350° and bake for 25-30 minutes or until the fish flakes.
- To serve, top the fish with capers, if using, and garnish with rosemary sprigs, if desired.