



Fall Grill! Salmon Fillet with Basil & Whole Grain Spaghetti ~ choose one side item to complete your meal

Salmon Fillet with Basil & Whole Grain Spaghetti

4 servings

- 1 lb Salmon Fillet, raw
- 3 Tbsp Fresh lime or lemon juice
- ¼ cup Fresh basil leaves, chopped
- 1 Tbsp Olive oil
- 1 Tbsp Soy sauce
- 1 tsp Worcestershire sauce
- 1-2 cloves Garlic, minced
- ¼ tsp Black pepper



Preheat outside grill (or oven broiler) to medium high heat (375-400 degrees). Rinse fish with cold water and pat dry with a clean towel. Cut into 4 equal pieces. Place into a zip-top bag or a 9 x 9 inch glass pan. Add all other ingredients to a medium mixing bowl and whisk together. Pour marinade over salmon, close bag and place in the refrigerator for 30 min. to 2 hours. Gently rotate bag (tilt pan) a few times to marinate fish well. Spray grill (or oven broiler) to prevent sticking. Remove fish from marinade and place on grill (oven broiler pan), cooking 2-3 inches from heating element. Cook fish 10 minutes per 1-inch thickness, turning once about halfway through cooking time. **Note: To prevent fish from sticking to the outside grill, place it on a sheet of aluminum foil that is sprayed with cooking oil and poked with holes.**

Fresh farm-raised salmon fillet on sale
Fresh limes on sale

Worcestershire sauce on sale
Whole grain spaghetti on sale

Salmon Recipe Nutrition per serving (farm-raised salmon)

225 calories; 21 gm protein; 2 gm carbohydrate; 15 gm total fat; 3 gm saturated fat; 0 gm trans fat; 57 mg cholesterol; 0 fiber; 163 mg sodium

To Make Whole Grain Spaghetti: Prepare according to package directions. After draining the spaghetti, drizzle very lightly with olive oil and toss.

Side Items:

1. Onion Flavored Green Beans or Broccoli – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

Note: For a change of flavor, replace onions with the juice of a fresh lemon or lime.

2. Lightly Sautéed Greens – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard.

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan 2-6 minutes longer. When greens wilt, test for tenderness. The heavier greens take longer to become tender. Dust with salt & pepper to taste.

3. Steamed Fresh Cabbage – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.