

SPOTLIGHT RECIPE



LEMON-GRILLED SALMON WITH CORN SALAD

- For the corn salad.
 - In a bowl combine the corn, sweet pepper, chives, basil, maple syrup, lemon juice and salt.
- For the salmon-seasoning mixture
- In small bowl combine the lemon peel, cumin, salt and black pepper.
 - Lightly coat both sides of the salmon with the nonstick spray.
 - Sprinkle the seasoning over the salmon.

Cooking on a charcoal grill

- Grill the salmon fillets on the rack of an uncovered grill directly over medium coals for 8 to 12 minutes or until the fish flakes easily when tested with a fork, carefully turning once halfway through grilling.

Cooking on a gas grill

- Heat the grill, and then reduce the heat to medium. Place the salmon fillets on a grill rack over the heat. Cover and grill as above.
- Sprinkle a bit of paprika on the salmon.
- Mix the blueberries into the corn salad and serve the grilled salmon with the corn salad.
- Garnish with lemon slices and/or fresh basil sprigs.

Ingredients

Servings: 4

For the corn salad

- 1 1/2 cups corn kernels, cooked and cooled
- 1/3 cup sweet red pepper, chopped
- 1/4 cup chives, snipped
- 3 tablespoons fresh basil, thinly sliced
- 3 scallions, thinly sliced
- 2 tablespoons maple syrup
- 2 tablespoons lemon juice
- 1/4 teaspoon salt

For the salmon-seasoning mixture

- 2 teaspoons lemon peel, finely shredded
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Nonstick cooking spray
- 16 to 20 ounces fresh salmon fillets, 4 fillets each weighing 4 to 5 ounces, skinless
- Paprika
- 1 1/2 cups fresh blueberries
- Lemon slices, optional
- Basil sprigs, optional

