

Grilled Salmon Fillets with Herb Rub

Substitute chicken for the fish to change up your healthy menu.

4 5 ounce each fresh salmon fillets
olive oil cooking spray
1 tablespoon dried lemon peel
2 teaspoons dried rosemary leaves
1/2 teaspoon dried thyme leaves
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
4 large garlic cloves

Heat coals or gas grill. Spray each fillet with olive oil spray. In a small bowl combine the remaining ingredients to make the dry herb rub. Pat the rub on both sides of fish before grilling. Grill 5-6 minutes per side.

Servings: 4

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 5 ounce each fresh salmon fillets	4 x 1/2 fillet of Finfish, salmon, coho, wild, raw
olive oil cooking spray	8 x 1 second spray of Cooking spray, vegetable oil
1 tablespoon dried lemon peel	1 x 1 tablespoon of Lemon peel, raw
2 teaspoons dried rosemary leaves	2 x 1 teaspoon of Spices, rosemary, dried
1/2 teaspoon dried thyme leaves	0.50 x 1 teaspoon of Spices, thyme, ground
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table
1/2 teaspoon freshly ground black pepper	0.50 x 1 teaspoon of Spices, pepper, black
4 large garlic cloves	4 x 1 clove of Garlic, raw

Cooking Tips

If using fresh herbs, increase each amount by 3 to 4 times. Fresh lemon peel could be used as well.

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