

# Grill Seafood this Summer

Heart-healthy & delicious

# Salmon



Good source of vitamin B12, potassium, iron & vitamin D



## Bring on the Flavor

EAT SALMON AND ENJOY THE FRESH, HEALTHY FLAVORS OF THE MEDITERRANEAN DIET



Omega 3's

### Grilled Mediterranean Cedar Plank Salmon Gyros

#### Ingredients

- 1 lb. boneless salmon fillet
- 1 lemon, halved
- 1 tsp. olive oil
- 4 whole-wheat pitas or 4 slices flatbread
- Store-bought tzatziki or cucumber-dill sauce
- 1 cup baby spinach, torn
- ½ cup cherry or grape tomatoes, halved
- ¼ cup pitted Kalamata olives, halved or sliced
- Feta cheese, for garnish (optional)
- Salt and pepper, to taste

Serves 4

#### Instructions:

1. Soak cedar plank in water for an hour.
2. Season salmon with juice from half of lemon, olive oil, and salt and pepper. Set aside while plank soaks. Cut other half of lemon into thin slices.
3. Heat grill to medium-high, close lid. While grill is heating, place salmon on cedar plank and top with remaining lemon slices. Place plank on grill, directly over heat, for 3-4 minutes, until plank starts to char.
4. Using tongs, transfer plank to indirect heat on side of grill; cover grill and cook for 12-15 minutes or until salmon is cooked. Warm pitas or flatbreads on grill, about 1-2 minutes per side.
5. Place warmed pitas or flatbreads on plates. Spread tzatziki sauce over each pita/flatbread, cover each with baby spinach, tomatoes and olives, and top each with salmon. Garnish with feta, if desired. Fold and enjoy.

Courtesy of Dish on Fish

23g protein per serving

Salmon is a superfood! It's rich in omega-3 fatty acids and eating it regularly can help reduce inflammation, lower triglycerides plus boost heart & brain health.

Sustainably Sourced! Available both farm-raised and wild caught



Visit for more great seafood grilling recipes

