

# Cedar-Plank Grilled Salmon

Recipe courtesy of A Healthy Kitchen

1 piece of untreated cedar plank (15 in. x 7 in.)\*  
2 lb. wild salmon filet, center cut  
1 T. olive oil  
2 t. brown sugar  
1/2 t. sea salt  
1 T. Lorine and Co. Siena Blend\*\*  
1/4 t. fresh ground black pepper

1. Soak cedar plank according to directions given (1 to 2 hours submerged in warm water). Preheat grill to medium-high heat.
2. Remove any bones from the salmon filet. Rinse filet to remove any loose scales and pat dry with a paper towel. Brush with olive oil and set onto a plate.
3. In a small bowl, combine the remaining ingredients and mix well. Coat top and sides of salmon with spice rub. Let sit 15-20 minutes at room temperature. When ready to cook, preheat cedar plank directly over heat until it just starts to smoke. Carefully turn over plank and set salmon filet on top of plank with skin side down. Cover grill and cook salmon for 30-40 minutes or to desired doneness (filet should feel firm to the touch). Cedar plank will smoke and char as it remains over direct heat.
4. Using a large spatula, carefully remove salmon from plank leaving the skin on the wood. Serve hot salmon with your favorite salsa or a cool cucumber sauce. Serves 4.

Calories: 278; Fat: 16g; Protein: 49g; Carbohydrates: 6g; Chol: 108mg; Dietary fiber: 7; Sodium: 225mg

\* Available in the Co-op on aisle 3.

\*\* A seasoning blend of chili powder, garlic, oregano, and cumin exclusively available at our Meat Counter