

Grilled Southwestern Wild Salmon with Tomato Vinaigrette

We are proud to sell line-caught wild salmon sustainably fished by local fisherman John Ward. Higher in omega-3s than farm-raised salmon, and a much more healthful choice all around for you and the environment, his salmon has a rich and natural deep color and flavor.

1 large shallot, peeled
3 T. flat leaf parsley
2 large ripe tomatoes, cored, peeled and seeded
3 T. Champagne vinegar
2 T. extra virgin olive oil
fine sea salt, black pepper and paprika to taste
1-2 T. Simple Organics Fajita Seasoning Blend
4 wild salmon steaks or fillets (about 6 oz. each)

1) In a food processor or blender, chop the parsley. Add shallot and finely chop. Add tomatoes and vinegar, process for 3 seconds. In a slow, steady stream add the olive oil. Season to taste with salt and pepper. Chill until ready to serve.

2) Sprinkle fish with salt, pepper, paprika and seasoning blend. Place on preheated grill or broiler pan for 2-3 minutes on each side for medium rare doneness. Serve immediately, accompanied by 2-3 T. sauce per serving.

Nutrition (per serving based on 4 servings): 746 calories; 50% calories from fat; 40.9g total fat; 245.5mg cholesterol; 263.4mg sodium; 1799.5mg potassium; 4.8g carbohydrates; 1.2g fiber; 2.4g sugar; 3.6g net carbs; 85g protein.