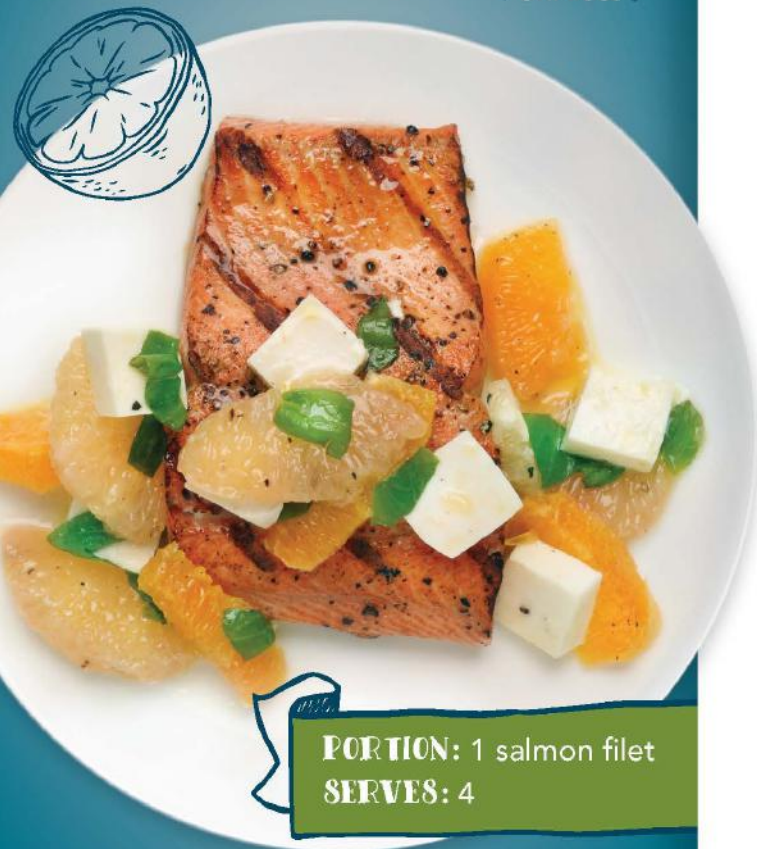


GRILLED SALMON WITH Orange Grapefruit CAPRESE



PORTION: 1 salmon filet
SERVES: 4

INGREDIENTS

4 ea Wild Salmon Filet, 4 oz.

1/8 tsp Fine Ground Black Pepper

1/8 tsp Kosher Salt

1/3 Tbsp Canola Oil

4 oz. Mini Mozzarella Balls

4 oz. Orange Sections

2 oz. Grapefruit Sections

2 Tbsp Extra Virgin Olive Oil

1/8 tsp Kosher Salt

1/8 tsp Black Pepper

4 leaves Fresh Basil, Torn

METHOD

For the Salmon:

1. Drizzle olive oil on the salmon and season with salt and pepper. Place salmon on a pre-heated grill and cook for approximately 3 to 4 minutes on each side. Place on a baking tray and place in the oven for 5 minutes until firm but not dried out. The internal temperature should be 145F. Remove from the oven and set aside.

For the Grapefruit Salad:

2. Use mini mozzarella balls for this recipe and cut in half. Toss mozzarella cheese, orange and grapefruit segments together and mix with olive oil, salt, freshly ground black pepper and fresh torn basil leaves.
3. Place the grapefruit salad over the salmon and serve.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
320	18g	6g	4g	34g	<1g	390mg