



Grilled Salmon with Fennel Sauce

INGREDIENTS:

Four 3oz. fillets	Wild Caught Salmon
3/4 cup	Finely chopped shallots
2 1/2 cups	Finely chopped fennel
1/4 cup	Orange Juice
1 tsp	Salt
1/4 cup	Finely chopped parsley
1/4 cup	Finely chopped fennel feathers
To taste	Ground black pepper

PREPARATION:

Fennel Sauce:

- Chop vegetables in food processor, pulsing to get a fine, even cut.
- Lightly spray sauté pan with cooking spray.
- Sauté shallots on low heat until softened.
- Add fennel, orange juice, salt and pepper and sauté until soft.
- Chill overnight.
- Reheat gently and stir in the parsley and fennel feathers just before serving with the salmon.

Salmon:

- Heat grill to medium heat.
- Spray both sides of fillet with cooking spray to avoid sticking.
- Place salmon fillets on hot grill.
- Grill fillets for about 10-15 minutes, or until fully cooked.
- Place grilled salmon filet on top of fennel sauce and garnish with lemon slices.

Fennel Sauce Nutritional Analysis:

Yield:	4 servings
Serving size:	1/2 cup
Calories:	35
Fat:	trace amount

Grilled Salmon Nutritional Analysis:

Yield:	4 servings
Serving size:	3 oz. fillet
Calories:	200
Fat:	3 grams

