

Warm weather means outdoor cooking and the perfect time to enjoy healthy summer recipes. The low-fat cooking method of “grilling” helps to reduce the fat in some of our favorite meats. Salmon is a fish rich in the healthy omega-3 fats and is a perfect fish to place on the grill.

Grilled Salmon

**1/4 cup dry white wine or ¼ c white vinegar and 1 TBSP. sugar
2 tablespoons fresh lemon juice
2 tablespoons olive oil
2 teaspoons fresh ginger, grated
1/2 teaspoon salt
1/2 teaspoon lemon peel, grated
1/8 teaspoon ground pepper
4 (6-oz.) salmon fillets or steaks, thawed**

Combine all ingredients except salmon fillets. Mix well. Marinate salmon in seasoning mixture 1 1/2 hours in refrigerator. Grill or broil salmon, allowing 10 minutes per inch of thickness or to desired degree of doneness.

Makes 4 servings.

Per serving: 398 calories, 34 g protein, 1 g carbohydrates, 0 g fiber, 27 g fat, 3 g saturated fat, 349 mg sodium, 112 mg cholesterol.

Salmon is high in protein and nutrients. Research shows its heart-healthy omega 3 fatty acids can help reduce inflammation and lower cholesterol. Salmon also has essential minerals and vitamins, especially B vitamins.

Serve with corn on the cob and a fresh green salad.