

## **Cedar-Plank Salmon**

### Ingredients:

2 6oz salmon fillets  
1 tsp red pepper flakes  
2 tsp sesame seeds  
1 large, untreated cedar plank  
2 Tbsp fresh mint or cilantro, chopped

### Also needed:

1 large English cucumber, seeded and sliced  
2 Tbsp rice-wine vinegar  
Salt and pepper  
Olive oil

### Directions:

- 1) Soak the cedar plank in water for at least 2 hours
- 2) Combine the cucumbers, rice-wine vinegar, red pepper flakes, sesame seeds, and herbs in a mixing bowl
- 3) Season to taste with salt and pepper
- 4) Clean grill or grill pan thoroughly
- 5) Rub the grates with an oil-soaked paper towel
- 6) Preheat over high heat
- 7) Lay the cedar plank on the grill
- 8) Season the salmon with salt and pepper
- 9) When the plank begins to smoke, lay fillets on it, skin side down
- 10) Close the top, and grill for 10-12 minutes, until the salmon flakes with light pressure from your finger
- 11) Top the salmon with the cucumbers, and garnish with a sprinkle of sesame seeds.

### Per Serving:

300 calories  
36g Protein  
8g Carbs  
12g fat (1.5g saturated)  
2g Fiber  
200mg Sodium

Source: Men's Health Sept 2007

Submitted by: James Meyer