



## **Dr. Bruce's Awesome Grilled Salmon**

1 pound salmon filet

### *Marinade*

2 tablespoons reduced sodium soy sauce

1 teaspoon toasted sesame oil

1 tablespoon grated ginger

Juice of 1 lime

2 garlic cloves, minced

1/3 cup onion, finely chopped

### ***To marinate salmon***

Put soy sauce, oil, ginger root, lime juice, garlic, and onion in a small mixing bowl; whisk together. Place fish in a shallow pan and pour marinade over the top. Marinate one hour in the refrigerator.

### **To grill salmon**

When the coals in your grill are just becoming white, remove fish from pan and place fish on the grill, skin side down. Brush the top with part of the marinade and grill the fish for about 5 minutes. The rule of thumb for cooking fish is 10 minutes of cooking time per inch of thickness. Turn the fish over. Remove the skin, it should come off easily. Brush the top with marinade again and grill for 4-7 minutes more, until the fish is tender at the thickest part. Flip it over and serve grilled side up. Salmon can also be oven baked at 10 minutes per inch at 400 degrees. The volume of marinade is adequate for up to 2 pounds of fish.

**Makes 4-5 servings.** *Per 3-oz. cooked salmon: 184 calories, 8 grams fat, 2 grams carbohydrate, 287 mg sodium, 0 grams fiber.* Adapted from *Feeding the Whole Family* by Cynthia Lair.

A recent study found that people who eat fish regularly are less likely to die prematurely from **any** cause, especially heart disease and stroke. Cold water fish like salmon, trout, mackerel, sardines, tuna, and herring are excellent sources of omega-3 fatty acids. Our ancestors' diets were rich in omega-3's. The American diet tends to be lacking in these critical nutrients. For people with heart disease the omega-3 fats offer many benefits such as reduced blood clotting, anti-arrhythmic effects on the heart, and lower triglyceride levels. Studies show that omega-3 fats may also protect against certain types of cancer, help treat epilepsy symptoms, curb depression, and may improve arthritis, diabetes, inflammation, learning, and behavior problems.

Your Partners in Health,  
**Candace and Lucy**