

Mediterranean Rub Alaska Salmon



Preparation Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

1/4 cup finely chopped fresh rosemary

3 Tablespoons minced fresh garlic

1 teaspoon kosher or sea salt

1/2 teaspoon pepper blend seasoning

1 Tablespoon olive oil

4 Alaska Salmon steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen

Canola oil or nonstick cooking spray

1 lemon, cut in wedges

Description:

In a small bowl, blend rosemary, garlic, salt, and pepper. Stir in 1 tablespoon olive oil to make a thick paste.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Press rub mixture firmly onto cut sides of each steak/fillet (not skin); let salmon rest 5 minutes before cooking.

Heat grill or broiler/oven to medium-high heat. Brush grill surface with canola oil or coat broiling pan with cooking spray. Grill or broil 12 to 15 minutes for frozen salmon OR 8 to 9 minutes for fresh/thawed fish, turning once during cooking. Cook just until fish is opaque throughout. Serve with lemon wedges.