

Simple Grilled Salmon & Vegetables (Copy)

Grilled salmon and veggies make for a colorful and balanced seafood dinner that's ready in just minutes. The grill turns the salmon flaky and moist while tenderizing the crispy pepper and onion pieces.

🕒 Preparation 25 minutes ● Total 25 minutes 4 portions

Ingredients

or	or
1 medium zucchini, halved lengthwise	½ teaspoon ground pepper
or	or
2 red, orange and/or yellow bell peppers, trimmed, halved and seeded	1 ¼ pounds salmon fillet, cut into 4 portions
or	or
1 medium red onion, cut into 1-inch wedges	¼ cup thinly sliced fresh basil
or	or
1 tablespoon extra-virgin olive oil	1 lemon, cut into 4 wedges
or	
½ teaspoon salt, divided	

Cooking method

- 1
Preheat grill to medium-high.
- 2
Brush zucchini, peppers and onion with oil and sprinkle with 1/4 teaspoon salt. Sprinkle salmon with pepper and the remaining 1/4 teaspoon salt.
- 3
Place the vegetables and the salmon pieces, skin-side down, on the grill. Cook the vegetables, turning once or twice, until just tender and grill marks appear, 4 to 6 minutes per side. Cook the salmon, without turning, until it flakes when tested with a fork, 8 to 10 minutes.
- 4
When cool enough to handle, roughly chop the vegetables and toss together in a large bowl. Remove the skin from the salmon fillets (if desired) and serve alongside the vegetables. Garnish each serving with 1 tablespoon basil and serve with a lemon wedge.
- 5
Serving Size: 1 1/4 Cups Vegetables & 1 Piece Salmon