



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

PLANK-GRILLED SALMON WITH CREAMY TARRAGON SAUCE

SERVES 4

GRILLING ON A CEDAR PLANK IMPARTS A DELICIOUSLY SMOKY FLAVOR TO THE FISH. THE TARRAGON CREAM SAUCE STAYS HEALTHFUL BY USING LOW-IN-SATURATED-FAT THICK GREEK-STYLE YOGURT.

- 1¼ pounds wild Alaskan salmon fillet
- ½ teaspoon plus a pinch of salt, divided
- ¼ cup low-fat plain Greek yogurt
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoons orange juice
- 1 tablespoon fresh tarragon, chopped

- Soak a cedar grilling plank in water for 2-4 hours.
- About 20 minutes before you're ready to grill, preheat grill to medium. Season salmon with ½ teaspoon salt and let stand while the grill preheats.
- Meanwhile, combine yogurt with 1 tablespoon oil, orange juice, tarragon and the remaining pinch of salt in a medium bowl. Whisk vigorously until all of the oil has been incorporated into the yogurt.
- When ready to grill, brush the salmon with the remaining 1 tablespoon oil. Place the soaked cedar plank directly over the fire for about 1 minute. Using tongs, turn the plank over to expose the slightly charred side. Place the salmon fillet skin-side down on the plank. Cover the grill and cook until the salmon is easily flaked with a fork, 7-10 minutes. Remove the entire plank from the grill and serve from it or transfer the salmon to a serving platter. Serve the salmon with the sauce.