



Grilled Cedar Plank Salmon with Lemon

Ingredients:

- 2 5oz fresh salmon fillets
- 2 TBLSN olive oil
- kosher salt to taste
- freshly ground black pepper to taste
- minced garlic
- 2 TBSN lemon juice
- 1 medium lemon, sliced thin in rounds
- 1 large washed cedar plank, submerged 2 hours in water

Instructions:

Preheat your grill over medium heat.
Place the soaked cedar plank onto the preheated grill rack,
cover grill and heat plank for 3 – 5 minutes.
This starts the smoking process.

-In a glass bowl, whisk together the olive oil, lemon juice, and
minced garlic. Rub each salmon fillet with the mixture and
season the salmon with salt and pepper.
Place the lemon slices on top of the filets.
Allow to sit for 15 – 30 minutes.

Place the salmon filets onto the cedar plank,
cover grill and cook for about 20 – 30 minutes or until fully cooked.
The internal temperature should be 145 degrees Fahrenheit.
Grill times can vary depending on the cuts of salmon and the grill.
Once finished, carefully remove salmon from grill and let it rest on
the cedar plank for at least 5 minutes.

Serves 2

271 calories per serving

0g carb/12g fat/40g protein