

**SHORT
ORDER**



COOK



KING SALMON
Crown your fish with spicy cucumbers for a healthy 15-minute summer treat.

Cedar-plank salmon



USE
2 6-oz salmon fillets

+



PLUS
1 tsp red-pepper flakes

+



PLUS
2 tsp sesame seeds

+



PLUS
1 large, untreated cedar plank

+



PLUS
2 Tbsp fresh mint or cilantro, chopped

YOU'LL ALSO NEED

- 1 large English cucumber, seeded and sliced
- 2 Tbsp rice-wine vinegar
- Salt and pepper
- Olive oil

HOW TO MAKE IT

- 1** Soak the cedar plank in water for at least 2 hours. Next, combine the cucumbers, rice-wine vinegar, red-pepper flakes, sesame seeds, and herbs in a mixing bowl. Season to taste with salt and pepper.
- 2** Clean a grill or grill pan thoroughly. Next, rub the grates with an oil-soaked paper towel. Preheat over high heat. Lay the cedar plank on the grill. Season the salmon with salt and

pepper. When the plank begins to smoke, lay the fillets on it, skin side down. Close the top, and grill for 10 to 12 minutes, until the salmon flakes with light pressure from your finger.

3 Top the salmon with the cucumbers, and garnish with a sprinkling of sesame seeds.

PER SERVING 300 calories, 36 grams (g) protein, 8 g carbohydrates, 12 g fat (1.5 g saturated), 2 g fiber, 200 mg sodium