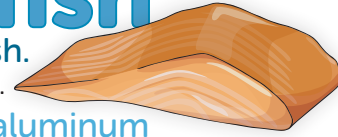


## grilled salmon or fish

You can grill any type of fish.

Thick pieces of fish are easier to grill.



Place fish or salmon, skin side down, on aluminum foil that has been lightly sprayed with vegetable oil spray.

1. Place fish on a hot grill (put fish on area of grill without direct heat from coals to avoid burning).
2. Season fish with lemon or lime juice, Cajun seasoning or garlic powder.
3. Cover the grill and cook until the fish or salmon is done, about 15 to 20 minutes.

**Fish and seafood are excellent sources of lean protein, vitamins and iron.**

**Use fish and seafood instead of other meats (beef, pork, chicken) when cooking meals at least twice a week.**

Salmon, trout, sardines, anchovies, and herring are especially high in omega 3 fatty acids which help protect against heart disease.

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