

Cedar-Baked Salmon

Judson Simpson, Chef
Violaine Sauve, Dietitian

Cedar shingles and shims, available at lumberyards, impart a unique flavor to salmon when baking. For this recipe, you'll need to soak 2 untreated cedar shingles or 1 package cedar shims in water for at least 2 hours or preferably overnight.

Serves 6



Soaked cedar shingles or shims
Preheat oven to 425°F (220°C)
Steamer basket

1 1/2 lb	salmon fillets	750 g
	Grated zest and juice of 1 lime	
1 1/2 cups	diagonally sliced asparagus	375 mL
1/4 cup	julienned leek	50 mL
4	thin slices red onion	4
1/4 cup	diagonally sliced celery	50 mL
1/2 cup	thickly sliced shiitake mushrooms	125 mL
2	medium tomatoes, seeded and cut into strips	2
8	fresh basil leaves, slivered	8
1	bag (10 oz/300 g) fresh spinach, trimmed	1
	Salt and black pepper	

1. Place soaked shingles or shims on baking sheet; lightly brush with oil. Remove skin and any bones from salmon; cut into 6 serving-size pieces and place on cedar. Sprinkle with lime zest and juice. Bake in preheated oven for 10 to 15 minutes or until fish flakes easily when tested with fork.
2. Meanwhile, in steamer basket, combine asparagus, leek, onion and celery; steam until partially cooked. Add mushrooms, tomatoes, basil and spinach; steam just until tender-crisp and spinach has wilted. Place on 6 individual plates; season with salt and pepper to taste. Top each with salmon.

PER SERVING

Calories: 181, Dietary Fiber: 3 g, Fat: 7 g, Carbohydrate: 7 g, Protein: 23 g

DIETITIAN'S MESSAGE

Salmon is a source of omega-3 fatty acids. Accompanied by a rice dish such as Simple Risotto and an array of vegetables, this recipe is a winner.

TIP

Wood or wood chips, such as mesquite or grape vines, are often used in barbecuing to add flavor to foods. Soaking the wood ensures that it is damp enough to produce lots of aromatic smoke.

When soaking shingles or shim, weight them down. Otherwise they will float to the surface.