



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## Grilled Salmon Kebabs

Skinnytaste.com; <http://www.skinnytaste.com/2013/06/these-lovely-grilled-salmon-and-lemon.html>

### Ingredients:

2 tbsp chopped fresh oregano  
2 tsp sesame seeds  
1 tsp ground cumin  
1/4 tsp crushed red pepper flakes  
1-1/2 pounds skinless wild salmon fillet, cut into 1-inch pieces  
2 lemons, very thinly sliced into rounds  
olive oil cooking spray  
1 tsp kosher salt  
16 bamboo skewers soaked in water 1 hour



### Directions:

Heat the grill one medium heat and spray the grates with oil. Mix oregano, sesame seeds, cumin, and red pepper flakes in a small bowl to combine; set spice mixture aside.

Beginning and ending with salmon, thread salmon and folded lemon slices onto 8 pairs of parallel skewers to make 8 kebabs total. Spray the fish lightly with oil and season kosher salt and the reserved spice mixture.

Grill the fish, turning occasionally, until fish is opaque throughout, about 8 to 10 minutes total.

This recipe is adapted from Bon Appétit magazine not the rotation cookbook.

\*You may experiment with various seasonings/fresh herbs combinations if sensitive to any of the ingredients listed above. This recipe falls on Day 2 of the Bon Appetit Rotation Diet. ~ Laura

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