

Grilled Salmon with Rosemary

1 pound salmon
2 teaspoons extra-virgin olive oil
2 teaspoons fresh lemon juice
1/4 teaspoon salt
Pinch freshly ground black pepper
2 cloves garlic, minced
2 teaspoons fresh rosemary leaves, chopped
1 teaspoon dried, crushed Fresh rosemary sprigs (optional)
Capers (optional)

Cut the fish into 4 equal-size portions. Combine the olive oil, lemon juice, salt, pepper, garlic, and rosemary in a bowl. Brush the mixture onto the fish. To grill, arrange the fish on a grill rack or use a grill basket sprayed with olive oil cooking spray. Grill over medium-hot coals until the fish flakes easily (allow 4–6 minutes per 1/2" of thickness). If the fish is more than 1" thick, gently turn it halfway through grilling. To broil, spray the rack of a broiler pan with olive oil cooking spray and arrange the fish on it. Broil 4" from the heat for 4–6 minutes per 1/2" of thickness. If the fish is more than 1" thick, gently turn it halfway through broiling. To serve, top the fish with capers, if using, and garnish with rosemary sprigs, if desired.

Courtesy of
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