



GRILLED SALMON WITH AVOCADO SAUCE

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(Standard)

It's grilling season! This salmon recipe uses seasonings like cumin, paprika and chili powder to usher in flavors of the southwest and add more variety to your plan. The same old food gets boring and leads to a sense of feeling deprived. This recipe is adapted from paleoleap.com and will leave you feeling very nourished and satisfied.

For smaller families or less servings, you can always substitute individual fillets instead of a large one or cut the recipe in half. To enhance the flavor or make-ahead convenience, marinate the salmon in the spice rub for up to 12 hours before grilling.

Of course, you can always bake or broil your fillets, as well.

Yields approx. 4 servings - one serving equals 3 oz. protein and 1/4 of the avocado sauce for fat.



INGREDIENTS

- 1 lb. salmon fillet
- 1/2 tsp. ground cumin
- 1/2 tsp. paprika
- 1/2 tsp. chili powder



1/2 tsp. onion powder
1/4 tsp. garlic powder
Pink Himalayan salt & ground pepper, to taste

AVOCADO SAUCE

1 avocado, roughly chopped
1/2 small red onion
1/2 tsp. garlic, minced
Juice of 1/2 lime
1/2 Tbsp. extra virgin olive or avocado oil
1/2 Tbsp. fresh cilantro, minced (optional)
Pink Himalayan salt & ground pepper, to taste

INSTRUCTIONS

In a small bowl, combine the cumin, paprika, onion powder, chili powder, garlic powder, salt and pepper. Rub the mixture all over the salmon and refrigerate for 20-30 minutes.

In another bowl, mash the avocado until smooth. Add the remaining ingredients and stir until well-blended.

Remove salmon from refrigerator. Preheat grill to medium-high. Grill salmon for approximately 10 minutes, turning once.

Top with avocado sauce and enjoy!