



Grilled Salmon with Avocado Cilantro Sauce

Makes 6 Servings

1 ripe avocado, pitted and peeled
1/3 cup 0% fat Greek-style or plain yogurt
2 tablespoons fresh lime juice (juice of 1 lime)
2 tablespoons extra virgin olive oil
12 cilantro leaves
1 teaspoon honey
½ teaspoon lime zest
½ of a small clove garlic
½ teaspoon kosher salt
¼ teaspoon chili powder
Freshly ground black pepper

Six 6-ounce skinless salmon fillets
1 ½ tablespoons extra virgin olive oil
1 tablespoon honey
Kosher salt and freshly ground black pepper

1. Place the avocado, yogurt, lime juice, olive oil, cilantro, honey, lime zest, garlic, salt, chili powder, and a few turns of pepper in a food processor and process until smooth. Scrape down the sides as necessary. Set aside.
2. Preheat the grill to high and lightly oil the grate. Combine the olive oil and honey and brush on both sides of the salmon. Sprinkle with salt and pepper. Place the salmon on the prepared grill and cook until easily flaked with a fork, 4 to 5 minutes per side.
3. Top with a dollop of avocado sauce.

Nutrition Information per Serving: 370 calories, 19g fat (3g saturated, 2.0g omega-3), 230mg sodium, 8g carbohydrate, 2g fiber, 39g protein, 10% vitamin C, 10% iron