



Salmon with Shiitake Relish

Makes: 6 Servings

Cook Time: 30 min.

Ingredients

- 12 ounces shiitake mushroom caps, wiped clean
- olive oil
- 2 tablespoons minced shallot
- 2 tablespoons minced garlic
- 1/2 teaspoon chopped flat leaf parsley
- 1/2 teaspoon chopped fresh sage
- 1/2 teaspoon chopped fresh rosemary
- 1/2 teaspoon chopped fresh thyme
- 1 tablespoon balsamic vinegar
- 2 teaspoons fresh lemon juice
- kosher salt and freshly ground black pepper
- 2 pounds salmon
- olive oil, for brushing
- seafood rub mix (store bought)
- lemon wedges

Directions

Shiitake Relish

1. Preheat grill to medium-high heat. In a bowl, toss mushroom caps with oil and dash of salt and pepper. Grill caps on both sides, over direct heat, until cooked through, about 5 minutes total cooking time.

2. Remove mushrooms from grill and thinly slice. Heat oil in sauté pan on medium heat. Add shallot and garlic; stir 2 to 3 minutes until soft and aromatic. Set aside to cool. In a bowl, combine mushrooms, shallot-garlic mixture, herbs, vinegar, and lemon juice. Season the relish to taste with salt and pepper and set aside at room temperature.

Salmon

3. Lightly brush the salmon with oil, coat on both sides with seafood rub, and grill until done to your liking. Serve each portion of salmon topped with shiitake relish. Garnish with lemon wedges.

*Note: Baking instructions: Toss mushrooms with oil, salt, and pepper - spread them on a baking sheet. Roast in a 450° F oven for 20 minutes; finish making the shiitake relish according to the recipe. Coat the salmon with desired spice rub and roast it in the oven for 10 to 12 minutes.

Nutrition Facts: Calories 398, Total Fat 10g; Saturated Fat 2g; Polyunsaturated Fat 3g; Monounsaturated Fat 3g; Cholesterol 68mg; Sodium 78mg; Potassium 1542mg; Total Carbohydrate 45g; Dietary Fiber 7g; Protein 38g