

Horseradish Grilled Salmon

Sodium Per Serving – 94mg

Serves 6

1 1/2–2 pounds salmon filet, cut into 3 or 4 large pieces*

1/4 tsp garlic powder

1/8 tsp ground white pepper

1/4 cup lowfat sour cream

1 heaping tbsp prepared horseradish*

1 tbsp lite mayonnaise or mayonnaise-type dressing

Lemon wedges

1. Preheat barbecue or gas grill. Remove the small pin bones
 2. Sprinkle salmon with garlic powder and pepper. Mix together sour cream, horseradish, and mayonnaise; coat all sides of the salmon.
 3. Place fish, skin-side down, on a preheated grill coated with vegetable cooking spray. Grill 5 to 6 minutes; turn fish over and continue cooking until fish flakes easily with a fork, about 3 minutes. Transfer fish to a platter and serve with lemon wedges.
 4. NOTE: If barbecuing over coals, you can also push the coals to the outside of the grill and “bake” the salmon for 9 to 14 minutes (depending on the heat of the fire). If you do this, it is not necessary to turn the salmon.
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NUTRITIONAL INFO PER SERVING: Calories 232, Fat 14g (Saturated Fat 3g), Cholesterol 71mg, Carbohydrates 1g (Fiber 0g, Sugar 0g), Sodium 94mg

*Recipe Notes

1. The variety of salmon determines the amount of sodium per serving. See FOOD NOTE below for a comparison.
CAUTION: Salmon has small pin bones that run the length of the filet. Before grilling, remove with tweezers or needle-nose pliers.
2. Prepared horseradish averages 50mg sodium per tsp. There are several brands with 20mg or less.