

Recipes makes: 6 Servings



Ingredients-

- ♥ 1 Lb, boneless, skinless wild salmon filet cut into chunks
- ♥ 1 zucchini, sliced into thick rounds
- ♥ 1 yellow bell pepper, cut into chunks
- ♥ 1 large red onion, cut into chunks
- ♥ ½ tsp fine sea salt
- ♥ 1 garlic cloves, minced
- ♥ 1 Tbsp finely chopped fresh rosemary
- ♥ 1/3 cup D'Avolio extra-virgin olive oil
- ♥ 3 Tbsp lime juice
- ♥ ½ tsp ground black pepper

PREPARATION:

1. Place salmon, zucchini, bell pepper and onion in a shallow baking dish and sprinkle with salt and pepper.
2. Whisk together garlic, rosemary, oil and lime juice in a small bowl.
3. Pour mixture over salmon and vegetables, toss and marinate 15-30 minutes.
4. Prepare a grill (or broiler) for medium-high heat cooking.
5. Skewer salmon and vegetables, reserving marinade. (If using wooden skewers, soak in water for 30 minutes before assembling.)
6. Grill kabobs, turning once, until salmon is cooked through and vegetables are tender, about 5 to 7 minutes.
7. While kabobs cook, boil the reserve marinade in a small saucepan for 5 minutes.
8. Drizzle boiled marinade over grilled skewers and serve.
9. Enjoy!

Nutrition Facts	
Serving Size: 6 oz	
Servings: 6	
Amount Per Serving	
Calories 240	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 10g	
Cholesterol 40mg	14%
Sodium 230mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 16g	
Vitamin A 4%	Vitamin C 110%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	