

Citrus Grilled Salmon

No matter if you are a newbie to grilling or a grill master, you can't go wrong with this recipe. The combinations of flavors in the marinade give this meal a wonderful taste that even fish skeptics will give it a try.

Recipe Type: Fish, Seafood, Main Dish **Degree of Difficulty:** Easy

Ingredients

- 1 Tbsp Extra Virgin Olive Oil
- 4 Salmon Fillets, 6 ounce 1 inch thick
- Pinch Kosher Salt
- Pinch Black Cracked Pepper

Marinade

- 3/4 Cup Orange Juice
- 1/4 Cup Lemon Juice
- 1/4 Cup Lime Juice
- 1 Clove Garlic, minced
- 2 Tbsp Orange Marmalade
- 2 Tbsp Soy Sauce
- 1 Tbsp Light Brown Sugar
- 2 Tbsp Cilantro, minced
- 1 Tbsp Butter
- Pinch Kosher Salt
- Pinch Black Cracked Pepper



Directions

1. Combine all marinade ingredients into medium saucepan.
2. Bring to a boil on medium heat stirring constantly.
3. Reduce heat to a simmer for about 15 - 20 minutes or until is syrupy.
4. Add additional salt and pepper to taste.
5. Place salmon fillets in a shallow container.
6. Pour marinade over fillets lifting the salmon to ensure marinade is also on the bottom.
7. Cover and place in fridge for 30 minutes to 1 hour.
8. Take salmon out of fridge about 15 - 20 minutes before cooking to bring to room temperature.
9. Heat grill to medium-high heat.
10. Brush both sides of fillets with olive oil.
11. Season with salt and pepper.
12. Grill salmon for approximately 4 minutes each side.
13. Brush fillets with marinade the last couple of minutes of cooking.
14. Remove from grill and serve.

Cooking Times

Prep Time: 10 minutes **Cooking Time:** 8 minutes

Nutrition Facts – Citrus Grilled Salmon

Nutrition facts shown below are per serving. The number of serving is noted in the header section below. The serving size is the first item noted on the nutrition facts table.

Number of Servings: 4 Serving Size 1 fillet

Nutrition (per serving): Calories 483, Total Fat 24g, Sat Fat 4g, Cholesterol 158mg, Sodium 441mg, Carbohydrates 17g, Fiber 0g, Sugar 14g, Protein 48g

MyWW Points

Green: 13 pts

Blue: 6 pts

Purple: 6 pts

Other Weight Watchers Points

Points Plus: 12 pts

Original Points: 12 pts

For the MyWW Blue and Purple points, the salmon was not included in the nutrition information when doing the calculation of SmartPoints.

Tips

Do not over marinate salmon as it will begin to break down the fish and make it mushy. Do not marinate more than 24 hours.