

HORSERADISH GRILLED SALMON

Sodium Per Serving – 94mg

Serves 6

Salmon is a part of every Northwesterner's diet and during the summer months it is not uncommon to have salmon several nights a week. This is our favorite way of grilling it and it comes out moist and succulent every time.

1½–2 pounds salmon filet, cut into 3 or 4 large pieces¹	1 heaping tablespoon prepared horseradish²
¼ teaspoon garlic powder	1 tablespoon lite mayonnaise or mayonnaise-type dressing
⅛ teaspoon ground white pepper	Lemon wedges
¼ cup lowfat sour cream	

- ▶ Preheat barbecue or gas grill. Remove the small pin bones
- ▶ Sprinkle salmon with garlic powder and pepper. Mix together sour cream, horseradish, and mayonnaise; coat all sides of the salmon.
- ▶ 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.

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.

NUTRITIONAL INFO PER SERVING: Calories 232, Fat 14g (Saturated Fat 3g), Cholesterol 71mg, Carbohydrates 1g (Fiber 0g, Sugar 0g), Sodium 94mg

COMMENTS:

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 teaspoon. There are several brands with 20mg or less, such as Beaver, Heluva Good, and Inglehoffer.

FOOD NOTE

SALMON COMPARISON

The variety of salmon determines the amount of sodium, fat, and cholesterol. The following compares a 3-ounce serving of uncooked salmon.

Variety	Cal	Fat	Sat Fat	Chol	Sod
Atlantic, wild	121	5	1	47	37
Coho, wild	124	5	1	38	39
Coho, farmed	136	7	2	43	40
Sockeye	143	7	1	53	40
Chinook	152	9	3	43	40
Chum	102	3	1	63	43
Atlantic, farmed	156	9	2	50	50
Pink	99	3	0	44	57
Smoked	100	16	1	20	667
Lox	99	4	1	20	1,700

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

- 1½ lb salmon - 401mg
- ¼ c LF sour cream - 40mg
- 1 T horseradish - 60mg
- 1 T lite mayonnaise - 60mg

Fat (Sat Fat):

- 1½ lb salmon - 74mg (15mg)
- ¼ c LF sour cream - 6mg (2mg)
- 1 T horseradish - 3mg (0mg)
- 1 T lite mayonnaise - 3mg (0mg)