

SERVES 6

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Here is a stylish and unusual dish that couldn't be easier to make. Prepare the tangy vinaigrette the day before, then warm it up while the salmon fillets are grilling.

TIPS

Use 1/2 tsp (2 mL) chopped fresh thyme instead of the dried thyme, if available.

Always preheat the broiler when broiling meats or fish. Lightly oil the broiling rack and position it 4 to 6 inches (10 to 15 cm) from the heat.

For best results, use salmon fillets that are about 1 inch (2.5 cm) thick.

DIETITIAN'S MESSAGE

This vinaigrette adds fabulous flavor to this dish but it does boost the fat content. To maximize the vinaigrette's value as a condiment and keep fat under control, serve the salmon on a bed of greens.

Salmon with Cranberry and Caper Vinaigrette

Preheat barbecue or broiler

1/2 cup	red wine vinegar	125 mL
1/4 cup	vegetable oil	50 mL
1/4 cup	water	50 mL
1/4 cup	sliced cranberries	50 mL
2 tbsp	capers	25 mL
1 tbsp	finely chopped shallots	15 mL
1 tsp	minced fresh <i>or</i> dried chives	5 mL
1 tsp	minced garlic	5 mL
1/2 tsp	pink peppercorns	2 mL
1/2	each small lemon and lime, peeled and cut into 4 wedges	1/2
1/4 to	cayenne pepper	1 to
1/2 tsp		2 mL
Pinch	dried thyme	Pinch
6	salmon fillets (4 oz/125 g each), skin on	6

1. In a jar, combine vinegar, oil, water, cranberries, capers, shallots, chives, garlic, pink peppercorns, lemon and lime wedges, cayenne and thyme; shake well and let stand for 6 to 8 hours.
2. Broil or grill salmon fillets over medium-high heat for 3 to 4 minutes per side or until fish flakes easily when tested with fork.
3. Warm vinaigrette on stove or in microwave; remove lemon and lime wedges. Remove skin from salmon. Serve with vinaigrette spooned over fillets.

PER SERVING

Calories : 237

Dietary Fiber : Trace

Fat : 16 g

Carbohydrate : 3 g

Protein : 21 g