

## Baked (or Grilled) Salmon Recipe

- 1 untreated cedar plank
- 1/2 cup Sun Dried Tomato Vinaigrette Dressing
- 1/4 cup finely chopped fresh parsley
- 1/4 cup finely chopped oil-packed sun-dried tomatoes
- 1 Tbsp. oil
- 1 salmon fillet (2 lb.)

### Directions:

1. Soak plank in water, topping with a weight to keep it submerged. Soak for at least 4 hours.
2. Heat grill to medium heat. Mix dressing, parsley and tomatoes; set aside. Brush plank with oil; top with fish. Place plank on grill grate.
3. **GRILL** on cedar plank for 20 min. or until fish flakes easily with fork, brushing with dressing mixture after 10 min. OR
4. **BAKE** on cedar plank for about 25-30 min. (depending on how big and thick your Salmon is) on 350 degrees. Be sure to place a cookie tray or aluminum foil under the planks so that the drippings don't make a mess in your oven. The fish is ready when it flakes away easily with a fork.

*\*Untreated grilling cedar planks, can be found at most specialty food stores or some grocery stores. Keep a spray bottle of water close at hand if needed for flare-ups. The cedar plank can be soaked overnight before using as directed. Or if you don't have a plank, you can grill the salmon on a sheet of heavy-duty foil instead.*