



Healthy Eating & Weight Loss

Recipe of the Month -- SEPTEMBER 2007

Grilled Salmon Salad with Grapefruit

- 4 Salmon Fillets (4 oz each)
- 5 cups baby arugula
- 1/2 cup plus 1 tbsp olive oil
- 1/2 tsp honey
- 2 ruby red grapefruit, segmented, juice reserved
- juice of one lemon
- 1/2 vanilla bean, cut lengthwise

Spray grill with cooking spray, heat on medium-high. Scrape vanilla seeds into bowl, add lemon juice and grapefruit juice, honey, salt, pepper and 1/2 cup of the oil.

Toss arugula with 3/4 of the dressing. Divide among 4 plates.

Grill salmon skin side down for 1 minute, turn. Season with salt and pepper and remaining 1 tbsp oil. Cook until fish is opaque, about 2 minutes.

Top each plate with salmon, remaining dressing and grapefruit.

457 calories per serving, 25 g protein

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