



RECIPES

Salmon Kabob

1 lb. wild caught Sockeye, Alaskan, or Coho salmon, cubed into 2 inch square pieces

Marinade:

2 Tbsp organic Tamari

1 Tbsp lemon juice

1 Tsp. ground ginger

2 Tbsp Grade B maple syrup

Dash cayenne pepper

Mix marinade, place cubed salmon in container and pour marinade over salmon. Cover and let marinade overnight or minimum of 4 hours. Place salmon on bamboo skewers with addition of any of the following between cubes:

Red onion pieces, pineapple chunks, mushroom slices, broccoli pieces

Bar-b-que or broil for 5-6 minutes each side until golden, or place under broiler. Serve with polenta, baked potatoes, or rice.