



Kabobs of Salmon Spirals and Shellfish

Ingredients:

- 3/4 pound salmon fillets, skinned
- 4 sprigs fresh dillweed
- 1 medium zucchini
- 1 medium-sized yellow bell pepper
- 1/2 pound sea scallops for medium shrimp
- 1/3 cup lime juice
- 1 tablespoon Dijon mustard
- 1 teaspoon chopped fresh dillweed
- Cucumber Dill Sauce
 - 1/4 cup fat-free mayonnaise
 - 1/4 cup plain yogurt
 - 1/4 cup bottled Lemon Butter Dill Cooking Sauce (available at most supermarket seafood counters)
 - 1/2 cup finely chopped, peeled and seeded cucumber
 - 2 tablespoons chopped fresh parsley

Makes: 4 servings.
Prep Time: 50 minutes
Cook Time: 15 minutes

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Directions:

1. Cut salmon into strips 5" x 1 1/2".
2. Place a sprig of dillweed on each strip.
3. Curl each salmon strip to form a spiral; secure with a toothpick and set aside.
4. Cut zucchini in half lengthwise, then cut diagonally into 1/2" pieces; set aside.
5. Cut pepper into quarters; remove seeds and stem. Cut each piece in half.
6. Thread one salmon spiral (remove toothpicks) alternating with scallops and/or shrimp, zucchini and peppers onto 4 skewers.
7. Place skewers in a large shallow dish.
8. Combine lime juice and the next three ingredients; mix well and pour over kabobs.
9. Cover and refrigerate 30 minutes.
10. Remove kabobs from marinade; discard marinade.
11. Coat grill rack with vegetable cooking spray.
12. Preheat the grill to medium heat.
13. Place kabobs on grill 4 to 5 inches from hot coals.
14. Grill, turning once, just until scallops are milky and opaque, and salmon begins to flake when tested with a fork, about 4 to 5 minutes on each side.

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Prep Time: 50 minutes
Cook Time: 15 minutes

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Cucumber Dill Sauce

1. Combine ingredients and chill until serving time.
2. To serve, spread 1/4 of the cucumber sauce onto individual serving plate and place kabob on top of sauce.

Makes: 4 servings.
Prep Time: 50 minutes
Cook Time: 15 minutes

Recipe courtesy of National Fisheries Institute and aboutseafood.com.

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