



## Cedar Plank Salmon with Orange Glaze

### Ingredients:

- 4 fresh California King Salmon fillets© (six-oz.)
- 2 cups white wine or vegetable broth
- 2 cups clam juice or fish stock
- 1 lemon, quartered
- 2 mint sprigs
- 8 oz mixed salad greens
- 2 cups fresh pineapple cubes, well drained
- 1-1/3 cups fresh raspberries
- 2 kiwis, peeled and sliced

Makes: 5 servings.  
Prep Time: 2 hours  
Cook Time: 30 minutes



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### Directions:

1. Soak the cedar plank in water for at least two hours and then drain.
2. Preheat grill to medium-high heat, for indirect cooking.
3. Place the cedar plank in the center of the hot grate, and heat for 10 minutes.
4. While the plank is heating, use a zester or the small holes on a box grater and remove about one teaspoon of the outer skin of the orange and combine with the marmalade, mustard, and mint leaves.
5. Slice the orange into thin slices, removing the outer peel, and set aside.
6. Carefully lay the salmon fillets (on what was skin-side down) on the hot plank, sprinkle with salt and pepper, and top with the orange glaze.
7. Place the orange slices and almonds if desired on top.
8. Cook, with grill covered, until the salmon flakes, about 30 minutes.

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Note: There may be some crackling and smoking while the salmon cooks. Keep a water bottle handy and mist the edges of the plank with water if they begin to flame.

Recipe and photo courtesy of Janice Newell Bissex, MS, RD & Liz Weiss, MS, RD Authors, *The Moms' Guide to Meal Makeovers*



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