



Gail's Recipe of the Month Honey Soy Grilled (or broiled) Salmon with Edamame

I can't say enough about this recipe... It's so delicious and such a healthy way to get your Omega 3's...

¼ cup packed cilantro
2 scallions
2 teaspoons olive oil
1 teaspoon grated organic ginger
Sea salt and freshly ground pepper to taste
4 fillet of salmon (without skin) about 6 ounces each
2 teaspoons fresh lime juice
2 teaspoons Bragg's liquid aminos or low sodium soy sauce
2 cups steamed Edamame

To Prepare:

Preheat the grill over medium-high direct heat. Oil the grill grates. Finely chop the cilantro and scallion and mix in the oil and ginger. Season with salt and pepper. Cut two 3 inch slits through the skin lengthwise on the bottom of the salmon fillets going about halfway into the salmon. Evenly stuff the slits with the herb mixture. Season the fish with salt and pepper. Stir together the lime juice, soy and honey until smooth.

Place the salmon, skin side down, on the grill and cook until well marked... about 3-4 minutes. Turn the salmon and continue to cook, brushing the tops with the sauce until the fish is cooked through, about another 3-4 minutes. Transfer to a serving plate and sprinkle the tops with the sesame seeds. Serve with edamame and lime wedges.

Total preparation time 20 minutes, cooking time 8 minutes. Makes 4 servings.

Broiler directions: Preheat the broiler. Position an oven rack so that a baking sheet set on the rack is about 4 inches below the heat source.



Gail Etzler serves on the board of directors for the Prostate Awareness Foundation, and has been founder and executive director Ken Malik's partner for nearly twenty years- almost from the beginning of his prostate cancer journey. A breast cancer survivor herself, Gail has experimented over time and has learned how to cook tasty and nutritious prostate and breast cancer friendly vegan dishes. Some recipes contain seafood, a great source of Omega 3 fatty acids. All of her recipes are free of dairy products and low in fat. Gail's recipes are posted on her Sustainable Prostate Menu Blog on the PAF website:

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