



**July 27, 2016**

## **A Simple Salmon Meal for Summer**

Salmon is one of our favourite weeknight meals – it's simple and quick to prepare, whether on the stove top, in the oven, or on the grill. With the right sides, salmon can definitely be dressed to impress for your next backyard cookout.

Our Salmon with Tomato and Olive Salsa is a delicious Greek-inspired main dish. The colourful and flavourful salsa uses fresh Roma tomatoes, Kalamata olives, basil and capers, making it just as delicious with tortilla chips as it is with tender salmon fresh off the grill.

Whet your guests' appetites with our Caramelized Onion Bruschetta. With a little patience, onions, butter and sugar cook down to a sweet, earthy treat, finished with balsamic vinegar to brighten up the flavours.

For an easy side dish, our Tangy Grilled Asparagus can cook alongside the salmon on the grill. Balsamic vinegar, garlic and sugar help bring out the natural sweetness of fresh asparagus.

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### **SALMON WITH TOMATO AND OLIVE SALSA**

#### **Ingredients:**

2 lb (1 kg) salmon fillet  
2 tbsp (25 mL) olive oil  
1/4 tsp (1 mL) salt  
1/4 tsp (1 mL) freshly ground pepper  
Tomato and Olive Salsa (recipe below)

#### **Method:**

Place salmon, skin side down, on a piece of foil. Trim foil so it is slightly larger than fillet. Rub salmon with oil and sprinkle with salt and pepper. With lid down, cook salmon over medium



heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serve with Tomato and Olive Salsa. Serves 6.

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### **Tomato and Olive Salsa**

#### **Ingredients:**

1 1/2 cups (375 mL) diced seeded Roma tomatoes  
1/3 cup (75 mL) chopped pitted kalamata olives  
1/4 cup (50 mL) slivered fresh basil  
1/4 cup (50 mL) olive oil  
2 tbsp (25 mL) drained capers  
2 tbsp (25 mL) chopped green onion  
2 cloves garlic, finely chopped  
1/4 tsp (1 mL) freshly ground pepper

#### **Method:**

Combine all ingredients in a bowl. Refrigerate for up to 4 hours. Makes about 2 cups (500 mL).

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### **CARAMELIZED ONION BRUSCHETTA**

#### **Ingredients:**

3 cups (750 mL) chopped onions  
3 tbsp (40 mL) butter  
1 1/2 tsp (7 mL) sugar  
1 tbsp (15 mL) balsamic vinegar  
28 - 30 baguette slices, 1/4 inch (6 mm) thick  
1 cup (250 mL) shredded mozzarella cheese  
1/3 cup (75 mL) freshly grated Parmesan cheese



1/2 tsp (2 mL) freshly ground pepper

**Method:**

In a heavy frypan, sauté onions in butter over low heat until softened, about 5 - 7 minutes. Stir in sugar and continue to cook over low heat, stirring occasionally until onions are glazed and golden brown, about 10 - 12 minutes. Add balsamic vinegar and cook, stirring constantly, until vinegar is evaporated; cool. Spread onion mixture evenly over one side of each baguette slice. Combine mozzarella and Parmesan cheese with pepper; sprinkle over tops. Place baguette slices, cheese side up, on a grill topper. Grill, with lid down, over low heat on natural gas barbecue for 3 - 5 minutes or until bread is toasted and cheese is melted. Makes 28 - 30 slices.

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## **TANGY GRILLED ASPARAGUS**

**Ingredients:**

1/4 cup (50 mL) balsamic vinegar  
2 tbsp (25 mL) oil  
1 clove garlic, crushed  
1 tsp (5 mL) sugar  
1/2 tsp (2 mL) salt  
1/2 tsp (2 mL) freshly ground pepper  
24 asparagus spears, trimmed

**Method:**

To prepare marinade, combine all ingredients except asparagus in a heavy zip-lock plastic bag. Add asparagus and squeeze bag to coat asparagus with marinade; seal bag. Let stand for 30 minutes. Remove asparagus from marinade; discard marinade. Grill asparagus over medium heat on natural gas barbecue, turning occasionally, until tender, about 5 - 7 minutes  
Serves 4 - 6.