



Grilled Wild Salmon Skewers with Avocado

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

446 calories, 17.92 g carbohydrate, 11.42 g fiber, 6.5 g NET carbs, 25.67 g protein, 32.67 g fat

Ingredients

- 6 tsp(s) Coconut Secret Coconut Aminos
- 3 medium(s) avocados, diced
- 16 ounce(s) wild salmon
- 2 clove(s) garlic, minced
- 2 tsp(s) ginger, grated
- 1 whole lemon, cut into wedges
- 3 tsp(s) avocado oil
- 1/4 tsp(s) sea salt

Preparation

1. Soak wooden skewers in water to saturate and prevent catching on fire.
2. Slice salmon lengthwise into 12 long strips. Thread each onto a soaked wooden skewer. Place in a shallow dish.
3. In a small bowl, whisk together the aminos, avocado oil, sea salt, garlic and ginger.
4. Pour over salmon, turning to coat. Marinate for 15 minutes.
5. Transfer marinade to a microwave safe bowl and cook for 1 minute.
6. Preheat a grill or grill pan to medium high heat.
7. Grease the grate or grill pan. Place the salmon skewers on the grill and cook, brushing with reserved, cooked marinade until fish flakes easily with a fork or to desired temperature.
8. Serve with avocado and lemon wedges.

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