

GRILLED SALMON AND PINEAPPLE WITH AVOCADO DRESSING

From *Giada's Feel Good Food Cookbook*

We found an absolutely delicious Salmon recipe last night in Giada's new cookbook, *Giada's Feel Good Food*. It's a beautiful cookbook and provides nutritional information. That's so helpful when you are re-learning healthy food preparation.

Grilled Salmon and Pineapple

2 T. Extra Virgin Olive Oil
1 1/2 t. chopped fresh chives AND chopped fresh basil
1 t. chopped fresh tarragon
1/2 t. sea salt
1/2 t. black pepper
4 Four ounce salmon fillets with skin (about 1 inch thick)
4 round slices fresh pineapple (I cubed mine and it was great)



In a small bowl, whisk the oil, basil, chives, tarragon, salt and pepper. Brush the Salmon and the pineapple with the herb mixture.

Grill both on the grill. Cook the salmon until barely cooked through, about 4 minutes per side.

Serve both with the Avocado dressing

Avocado Dressing

1/2 Avocado
2 T. chopped fresh basil leaves
1 T. chopped chives
1 1/2 t. tarragon leaves
1 small garlic clove
1 T. Olive Oil
1 1/2 t. fresh lemon juice
1/8 t. anchovy paste (easy to find in the grocery store)
1/8 t. kosher salt
1/8 t. black pepper

Combine all in a food processor. Add 2 T. water and process until smooth. Cover dressing and let stand at least 15 minutes and up to an hour for flavors to blend.

Salmon, pineapple calories per serving: 354
Avocado dressing: 75

Serve with fresh steamed vegetables, or a green salad. No need for anything else!