

GRILLED HERBED SALMON

- 12x6x ½-inch cedar grill plank
- 1 (2 pound) fresh or frozen salmon fillet (with skin), about 1 inch thick
- 1 tablespoon canola oil
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh sage or ¼ teaspoon dried sage, crushed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 cup fresh or frozen blackberries or raspberries
- 2 tablespoons cranberry juice, apple juice or water
- 1 tablespoon sugar
- 1 teaspoon Worcestershire sauce
- 1 cup finely chopped cucumber
- ¼ cup plain low-fat yogurt
- 2 tablespoons light mayonnaise or salad dressing
- 2 teaspoons chopped fresh dill or ½ teaspoon dried dill

DIRECTIONS

- 1 At least 1 hour before grilling, soak cedar plank in enough water to cover, weighting it to keep submerged. Thaw salmon, if frozen. Rinse the salmon with cold water; pat dry with paper towels.
- 2 Remove the cedar plank from the water. Place the salmon fillet on the plank, skin side down. Brush oil atop the salmon. Sprinkle with parsley, sage, salt, and pepper.
- 3 Place the salmon on the plank in the center of the grill rack. Cover and grill for 18 to 22 minutes or until the fish flakes easily when tested with a fork.
- 4 Meanwhile, for blackberry sauce, combine blackberries, cranberry juice, sugar, and Worcestershire sauce in a small saucepan. Bring to boiling; reduce heat. Simmer, uncovered, about 8 minutes or until desired consistency, stirring occasionally. If desired, strain out seeds.
- 5 For cucumber-dill sauce, combine cucumber, yogurt, mayonnaise, and dill in a small bowl.
- 6 Serve the salmon fillets with both sauces.