

## *Mike's BBQ Salmon Fillets*

### INGREDIENTS:

- 1 or 2 Sockeye Salmon fillets - skin on and de-boned
- 2 tbsp. light mayonnaise
- 3 tbsp. plain non-fat yogurt
- 2 tbsp. brown sugar
- fresh baby dill



### INSTRUCTIONS:

- Mix mayonnaise and yogurt in a small bowl.
- Take a fork and pat the mayonnaise and yogurt mixture on the fillets to lightly coat the fish on the meat side – not the skin side.
- Sprinkle brown sugar on top and lightly pat with backside of a fork.
- Cut the fresh dill with scissors over the fillet to cover - try to avoid using the thicker stems.
- BBQ - skin side down - on medium to high heat for 15 minutes with the BBQ lid down.
- When you remove the fillet from the BBQ put your flipper between the skin and the meat and gently lift the meat off of the skin. The skin can stay on the hot BBQ for about 5 minutes and then comes off easily to discard.
- Cut the fillet into serving portions and enjoy!

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**\*This recipe is compliments of our very own Director of Quality Control Management, Michael Warren**