



Catholic Health Initiatives

Imagine better health.®

Grilled Salmon with Pomegranate Glaze

Serves 4

Prep/cooking time:

Approximately 30 minutes

Ingredients:

1/3 cup pomegranate juice

1 tbsp. soy sauce, or to taste

1 clove garlic, sliced

4 (6 ounce) salmon fillets

2 tbsp. olive oil

1/2 pomegranate, peeled and seeds separated



Tasty Entertaining

Directions:

To make the marinade, whisk pomegranate juice, soy sauce and garlic in a shallow non-reactive bowl until thoroughly mixed. Place the salmon in the marinade, coating all sides. Remove the salmon and place in a covered dish to marinate for about 15 minutes. Meanwhile, heat a skillet on medium heat and add olive oil and the garlic from the marinade. Cook the garlic for 1 to 2 minutes, making sure not to burn it. Next, pour the marinade in the skillet, cooking for another 4 to 5 minutes until it is reduced and thickened to a glaze. To grill the marinated salmon, preheat an outdoor grill to medium-high heat and lightly oil the grate. Cook the salmon on the grill for about 3 minutes on each side – it's ready when the flesh flakes easily with a fork. To serve, pour the glaze on the salmon and garnish with pomegranate seeds.

Harvest of the Month

pomegranates