

Cedar Plank Salmon

Served with lemon parsley quinoa and arugula fennel salad

Serves: 4

Salmon is a favorite in my family! We eat it baked, poached, or grilled. In this meal, the rich, smoky salmon is complimented by the bitter arugula, fennel, and lemon salad and quinoa.

The salmon recipe originally came from Yankee Kitchen about 20 years ago and I've modified it slightly. It is our favorite way to cook salmon and we often serve it when having guests for dinner.

Superfood Salmon. There's so much I could say about salmon and all its health benefits. Most people are aware that it is a great source of **protein** (23 g in 4 ounces) and rich in **omega-3 fatty acids** (think brain, skin, heart, joints/arthritiis, eyes).



Other benefits of salmon include:

- **Vitamins A and D** to support immune function, eyes, [bone health](#) and more.
- [Vitamin B12](#) (only present in foods of animal origin) which supports energy pathways, nerve function, blood, DNA synthesis, and detoxification.
- [Zinc](#), an important mineral for immune function, wound healing, and DNA synthesis.
- **Antioxidants.** While I often think of vegetables, especially leafy greens and crucifers are being antioxidant powerhouses, salmon contains the **astaxanthin**, a carotenoid pigment, which is also anti-inflammatory. [Studies](#) suggest it decreases oxidative stress, improves glucose and insulin levels in diabetics, and protects against atherosclerotic cardiovascular disease.

Tip: cedar planks (raw, untreated) in grocery stores are expensive and very thin. Head to your local lumber store and find ends of cedar planks in the cut bin or purchase a cedar board and cut your own. While the bottom does get charred, these thick planks can be used multiple times. Just be sure to clean them after using and soak well.

Please see each section below for ingredients and preparation.

Step 1: Marinate Salmon: prepare 6-24 hours ahead

- 1 ½ lbs. wild pacific/Alaskan salmon
- 1 medium sweet onion, thinly sliced
- ¼ cup pure maple syrup
- 2 tbsp balsamic vinegar
- ½ tsp salt
- 2 cloves garlic, pressed
- 1 tbsp whole-grain mustard
- ½ cup olive oil



In a bowl whisk together the maple syrup, vinegar, salt, garlic, mustard, and olive oil.

Place salmon in a small glass dish (it should fit in tightly) and spoon about half of the marinade on top of the fish.

Add the sliced onion to the rest of the marinade in the bowl and stir to coat.

Scrape onion mixture on top of salmon.

Cover tightly and marinate for at least 6 hours and up to 24 hours.

Step 2: Soak the Plank

Soak the plank in a sink or bin of warm/hot water for 45 minutes.

Step 3: Cooking the Salmon:

- 1 soaked cedar plank, large enough to hold the salmon (should have 1-2" of extra wood on each side)
- Prepare a coal grill or use a gas grill. Preheat to 400°F.
- Remove salmon from marinade and set on top of the plank.
- Arrange onions on top of salmon.
- Place plank on grill using indirect heat (move coals to edges or turn off middle section of gas grill).
- Cover and cook for about 20 minutes. Check and cook until salmon is cooked through and onions have browned. Can take up to 40 minutes depending on thickness.
- Use tongs and hand mitts to transfer plank to metal sheet or roasting pan.

Step 4: Lemon Parsley Quinoa

Prepare while salmon is on the grill.

- 1 cup white quinoa, rinsed well and drained in a fine mesh stainless strainer.
- 4 cups water
- 1 tbsp lemon zest
- 2-4 tbsp freshly squeezed lemon juice
- ½ cup chopped flat-leaf parsley

Bring the water to a boil in large saucepan.

Add quinoa and lemon zest.

Simmer uncovered 10 minutes (it will be al dente)
Quickly drain in a fine mesh colander and return to pot.
Add lemon juice, cover pot and let stand.
Just before serving, stir in parsley.

Step 5: Arugula Fennel Salad:

Prepare while quinoa and salmon are cooking.

- 5-ounce container pre-washed arugula
- 1 large fennel bulb (white part only), thinly sliced
- 1-2 tbsp olive oil
- 1-2 tbsp lemon juice
- Salt to taste

Combine all ingredients in a salad bowl 5-10 minutes prior to serving.

Plate and enjoy!



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