

Balsamic Cilantro Salmon Kabobs – *LaraThalice.com*

serves 4 | prep time: 10 min | marinate time: 1 hr 30 min - overnight | cook time: 3 min

- 1 lb salmon fillets (ask to have them skinned)
- 2 T olive oil
- 2 T fresh lemon juice
- 1 ½ T white balsamic vinegar (or you can use ¾ T regular balsamic and ¾ T white vinegar)
- 2 cloves garlic, minced
- 1 T green onions, chopped
- 1 T fresh cilantro, chopped
- ½ T onion powder
- ½ T sugar
- ½ tsp. crushed red pepper flakes
- salt & pepper to taste

Cut the salmon into 2-inch chunks and place in a bowl with enough room to toss the salmon in the marinade.

In a small bowl, whisk together the remaining ingredients.

Pour the marinade over the salmon and toss to coat. Allow to marinate for 15 minutes at room temperature.

Cover and refrigerate for at least 1 hour, although making the morning of and having it marinate all day or even overnight always produces amazing flavor. I toss it throughout the marinating time (when I think of it), to evenly coat.

When you are ready to cook, take the salmon out of the fridge 15 minutes prior to grilling.

GRILL OPTION:

Preheat the grill on high heat.

Place the salmon in a grill basket, in a single layer (or on skewers), with a plate underneath to catch extra marinade. Spoon any leftover marinade on top of the salmon.

Grill for 2-3 minutes total, until just cooked through, flipping the basket or kabobs once.

(Remember it will continue to cook after it has been removed from the heat!)

BAKE OPTION:

After making the same marinade but keeping the salmon fillets whole and going through the marinating time, preheat the oven to 450° F.

Arrange the salmon on a broiling sheet and bake for 5 minutes. Increase heat to 500° F, turn fillets, and broil 5 minutes more.