

# VitaMin



Vital health information in a minute

Photo: Randy Mayor

## SALMON, ASPARAGUS, AND FRESH LEMON KEBABS

**Yield: Serves 4 (serving size: 2 skewers)**

### Ingredients

- › 1 tablespoon rice vinegar
- › 1 tablespoon lower-sodium soy sauce
- › 1 tablespoon honey
- › 2 teaspoons canola oil
- › 2 garlic cloves, grated
- › 1 pound skinless salmon fillet (cut into 1-inch pieces)
- › 32 (1-1/2 inch) slices asparagus
- › 16 lemon slices
- › Cooking spray
- › 1/4 teaspoon kosher salt
- › 1/4 teaspoon black pepper

### Preparation

Combine vinegar, soy sauce, honey, canola oil, grated garlic, salmon and asparagus; toss. Thread fish, asparagus and lemon slices alternately onto skewers. Coat with cooking spray; sprinkle with salt and pepper. Place skewers on a grill rack coated with cooking spray. Grill 6 minutes or until done, turning skewers occasionally for an even char.

Note: If using wooden skewers, soak them in water for 20 minutes before grilling.

### Nutritional information

#### Amount per serving

- › Calories: 220
- › Fat: 8.9 g
- › Saturated fat: 1 g
- › Sodium: 327 mg

Source: Printed with permission of *Cooking Light*, July 2014



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