

Lemon Pepper Salmon

A quick and easy recipe for the best Grilled Salmon. A family favorite for a healthy summertime dinner.

Ingredients:

3 tablespoons olive oil
3 tablespoons lemon juice
3 tablespoons lemon pepper seasoning or to taste (the seasoning might be salty)
Salt to taste, if your seasoning doesn't contain salt
4 6 - 8 ounce skin-on salmon fillets about 1-inch thick
Optional: Marinate the salmon with half of the sauce for up 30 minutes

Directions:

Heat the grill to high heat (450-500°F). Brush the grates well and wipe grate with oiled paper towels until grate is black and glossy, 5 to 10 times, re-dipping towels in oil between applications.

Combine olive oil with lemon juice, lemon pepper seasoning, and salt if using.

Brush the salmon with half of the lemon pepper sauce and place it skin side up on the hot grill. Sear until surface is firm and grill marks have formed. Once you place the fillet on the grill, don't move it until it's ready to flip.

When the fish is about 70% done, about 6 minutes, it should release along the charred grill marks more easily without sticking.

Slide a thin spatula, preferably a fish spatula, between the fish and the grill to gently release any parts that might be sticking, and gently roll over to cook on the other side. Baste with the remaining Lemon Pepper sauce.

Cook until the fish reaches the desired temperature or until it flakes with a fork.

