

**Grilled Soy Salmon
Roasted Potatoes, Three Peppers and Mushrooms
Dill Lemon Sauce**

45 minutes

Roasted Potatoes, Three Peppers and Mushrooms

Usually you'll find the meat or fish recipe at the top of the menu but for this one, I list the vegetables first as the potatoes take a bit more time than the rest of the dinner.

4 small or two large potatoes par boiled
1 green yellow and red bell pepper
12 large mushrooms
Olive oil

Bamboo skewers

Prepare grill or charcoal fire.

Place potatoes in pan and cover with water. Add 1/2 teaspoon of salt to the water. Bring to a boil and cook until potatoes are soft but not mushy, about 7 –9 minutes depending on the size of the potato. You want them to hold together on the grill. Immediately, pour off the hot water and fill pan with cold water to stop the cooking process.

Place skewers in zip lock bag with water and seal. Set aside.

Wash the peppers, cut in half and remove the core with seeds. Cut each half in half again. Set aside.

Clean mushrooms with a damp cloth; remove all the dirt. Place 3 mushrooms on each skewer using 2 skewers parallel to each other. It will keep them from twirling around on each other.

Peel potatoes and cut each lengthwise into 1/2 inch slices. Place in zip lock bag with 1/4 cup olive oil. Toss to coat.

Spray the grill with a vegetable spray. Spray a bit of oil on the peppers and mushrooms. Place the potatoes, peppers and mushrooms on the grill for about 5 minutes on each side until they have grill marks and the peppers begin to soften. Serve immediately with the dill lemon sauce.

Tip: Keep extra bamboo skewers in water in a zip lock bag in the freezer for the next use.

Dill Lemon Sauce

1 cup light sour cream
1 T. fresh chopped dill
1 tsp. Lemon juice

Mix in a small bowl and serve with vegetables and fish.

Grilled Soy Salmon

Four 6 – 8 ounce salmon filets
Soy sauce

Prepare grill or charcoal fire. Brush each filet with soy sauce. Grill on each side for 3-4 minutes until fish is no longer translucent in the center but not yet real firm. As with meat, it is good to let the fish “rest” for about 5 minutes before serving to let the juices redistribute. Serve with lemon wedges optional.

Shopping List

From the pantry:

Soy sauce
Olive oil

From the grocery:

_____ Four 6-8 oz. salmon filets
_____ 1/2 pint sour cream
_____ 4 potatoes
_____ 1 red pepper (you can substitute green for the red and yellow)
_____ 1 yellow pepper
_____ 12 large mushrooms
_____ Fresh dill
_____ 1 lemon
_____ Bamboo skewers

Timetable

45 minutes to dinner:

- If using charcoal, start fire now
- Put skewers in water to soak
- Place potatoes in salted water and bring to a boil, simmer for 7 – 9 minutes...don't let them get soggy

- Clean peppers and mushrooms

30 minutes to dinner:

- Potatoes may be done, drain and immediately put into cold water to stop cooking process
- Place peppers and mushrooms on skewers
- Make dill-lemon sauce
- Set table

20 minutes to dinner:

- Peel potatoes, slice and put in bag with olive oil
- Prepare the salmon for the grill

15 minutes to dinner:

- Put salmon, potatoes, mushrooms and peppers on the grill
- Place favorite beverages on the table

10 minutes to dinner:

- Turn the salmon and veggies

5 minutes to dinner:

- Remove the salmon from the grill and cover with foil
- Continue to turn the veggies; if done, move to the side of the grill to keep them hot
- Place dill-lemon sauce on table

Dinnertime:

- Place the salmon, potatoes and veggies all on one large platter and take it to the table...you are ready!