

CEDAR PLANK SMOKED SALMON

WITH MIXED GREENS



Ingredients

1 each	Cedar Plank
1 lb	Salmon Fillet (Skin On)
1 each	Lemon (Cut into Circles)
1 tsp	Kosher Salt
1 tsp	Garlic Powder
1 tsp	Onion Powder
3/4 tsp	Smoked Paprika
1/2 tsp	Dried Oregano
1/2 tsp	Dried Thyme
1 tsp	Dried Basil
1/4 tsp	Black Pepper
1/4 tsp	Cayenne Pepper
1/8 tsp	Cinnamon
5 oz	Mixed Green Salad

Cedar Plank Smoked Salmon

1. Place cedar plank in a sheet pan with water and place a heavy object on top of the board so it does not float. Soak for 1 hour.
2. In a small bowl combine salt, garlic powder, onion powder, smoked paprika, oregano, thyme, basil, black pepper, cayenne pepper, and cinnamon.
3. Evenly coat the surface of the salmon with about half of the seasoning, 5 to 6 teaspoons. Reserve any additional spice mix for later use or extra spice after cooking the salmon.
4. Heat the grill to medium-high heat, 300 to 325°F.
5. Remove the soaked plank from the water and lightly dry with a towel.
6. Place the plank on the grill grate and close the lid. When the plank begins to smoke and lightly char, use tongs to remove it from the grill, 15 to 18 minutes. Close the lid to allow the grill to heat.
7. Put the seasoned salmon skin side down on the plank charred side up.
8. Cook the salmon with the lid closed until it is just opaque in the center and begins to brown slightly around the edges, about 30 to 45 minutes.
9. Transfer the plank with the salmon to a heatproof surface.

SALAD DRESSINGS



Ingredients

Citrus Vinaigrette

1/2 cup	Good Quality Extra Virgin Olive Oil
zest of one	Lemon
1 each	Juiced Orange, Lemon, Lime
1 tsp	Mustard
1 tbs	White Balsamic
1 tbs	Honey
1/8 tsp	Cayenne Pepper
1 tbs	Shallot, peeled & chopped
Pinch	Sea Salt
Freshly	Ground Pepper

Creamy Jalapeno Cilantro Dressing (Keto Friendly)

1/2 cup	Chopped Fresh Cilantro
1/2 cup	Sour Cream or Greek Yogurt
1 each	Chopped Jalapeño
6 each	Garlic Cloves, peeled
1 tsp	Salt
1/4 cup	Water

SALAD DRESSINGS

Ingredients

Caesar Dressing (*Keto Friendly*)

1 cup	Avocado Mayonnaise
2 tsp	Dijon Mustard
3 cloves	Garlic
2 tbs	Avocado Oil
1 tsp	Worcestershire Sauce
3 tbs	Lemon Juice
½ tsp	Finely Ground Black Pepper
½ tsp	Pink Himalayan Salt
½ cup	Finely Grated Parmesan Cheese

Instructions

Citrus Vinaigrette

Place all in ingredients in a bowl and whisk. If you would like a thick creamy version of this dressing (nice!) put all ingredients in blender except olive oil. Blend, then drizzle olive oil in steadily. Dressing will emulsify and become thick and creamy.

Creamy Jalapeno Cilantro Dressing

Blend all ingredients in a blender or food processor until smooth. Let rest for 15 - 20 minutes to allow the flavors to develop.

Caesar Dressing

To a mixing bowl, add mayonnaise, lemon juice, mustard, Worcestershire sauce, pepper, salt, and garlic and stir. Slowly whisk in avocado oil until well incorporated and then add 1/4 cup Parmesan cheese. Place in container in the refrigerator until ready to serve.