



Grilled Pesto Salmon

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

Simple grilled salmon with a delightful basil-spinach pesto. Click [here](#) for How to Make Pesto video.

Prep Time: 10 mins Cook Time: 10 mins Total Time: 20 mins

Serves 4

Ingredients:

Pesto:

- ½ cup (120 mL) fresh basil leaves
- ½ cup (120 mL) fresh baby spinach
- ¼ cup (60 mL) freshly shaved or shredded Parmesan
- 3 tablespoons (45 mL) pine nuts, walnuts or almonds
- 2 cloves garlic, peeled
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) ground black pepper
- ¼ cup (60 mL) olive oil

Salmon:

- 1-pound (.45 kg) fresh salmon, skin-on
- 1 tablespoon (15 mL) olive oil
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) ground black pepper

Instructions

1. Heat a grill or grill pan to medium. Brush oil on the salmon and season with salt and black pepper. Grill flesh side down first for 5 minutes, then flip and cook another 5 minutes or until salmon skin is crispy and the flesh flakes easily when pressed with the back of a fork.
2. While the salmon cooks, place pesto ingredients, except olive oil, in a small blender and puree, drizzling the olive oil in through the vegetable shoot until pesto-like consistency is achieved, scraping the sides as needed. Taste and adjust seasoning, if necessary.
3. During the last 5 minutes of cooking, brush the salmon with the pesto. Serve immediately.

Cooking Tip: I add spinach to my pesto to cut back a bit on the cost, as basil is more expensive than spinach, but the basil flavor still overpowers the spinach, so flavor is not sacrificed. Spinach also adds a boost of nutrition!

Substitution Tip: Try this recipe with chicken or flank steak! Use nutritional yeast instead of Parmesan cheese for a dairy free version.

Nutrition

Serving Size: 1/4 of recipe

Calories: 322

Sugar: 0g

Sodium: 490mg

Fat: 24g

Saturated Fat: 4g

Unsaturated Fat: 20g

Trans Fat: 0g

Carbohydrates: 4g

Fiber: 1g

Protein: 24g