

BBQ Salmon on a Plank with Focaccia and Grilled Salmon

Ingredients

- 1 untreated cedar plank
- 1 eggplant
- 2 medium zucchinis
- 1 small red onion
- 16 stalks asparagus
- 2 large mushroom caps degilled
- Cooking spray (Pam)
- 1 tsp Mrs. Dash Garlic and Herb Seasoning
- 2 lbs. (900mg) salmon filets, boneless skinless
- 1 tsp coarse salt (try Kosher)
- 1 tsp rosemary leaves or thyme
- ½ cup grainy dijon mustard
- 2 Tbsp brown sugar
- Squirt bottle filled with water
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 loaf focaccia bread

Directions

1. Take out equipment and ingredients.
2. The night before: Soak your plank in water until you are ready to cook with it.
3. When you get home for dinner: Preheat BBQ to med (approx. 400° F).
4. Cut eggplant and zucchini into large strips about 1¼ inch thick
5. Snap off bottom node of each asparagus stalk and discard
6. Lightly sprinkle veggies with olive oil and spices
7. Place in pan
8. Rinse the salmon thoroughly under water, then pat dry with a paper towel. On flesh side smear salmon with the salt, spices and mustard then sprinkle on the brown sugar.
9. Place the presoaked plank on the grill. Close the lid for a few minutes but keep checking until you see smoke.
10. Turn the plank over and place the salmon, rub side up, on top of the plank.
11. Move the veggies to the top rack or on one side of the BBQ with reduced heat. Toss often.
12. The salmon will be ready when it flakes off easily with a fork (approx. 10-15 minutes).
13. Squirt the edges of the board if they catch on fire. You will have to keep lifting the lid to check.
14. Drizzle olive oil and vinegar in a small bowl for dipping.
15. Toss focaccia bread on top rack of BBQ for just a minute while serving up the plates.
16. Grilled Peaches with Grilled Peaches
17. 3medium peaches, sliced
18. 1 tablespoon balsamic vinegar
19. 1 loaf (10-3/4 ounces) frozen pound cake, thawed or fresh
20. 2 tablespoons butter, melted
21. Dollop of vanilla Greek yogurt fresh or frozen