

Rainbow Salmon Skewers

Makes 6 Servings



12 ounces salmon steaks
1/2 red bell pepper
1/2 green bell pepper
1/2 yellow bell pepper

1/4 red onion
2 tablespoons olive oil
salt and pepper
lemon

Cut the salmon steaks into 1 1/2-inch pieces.

Cut the red bell pepper, green bell pepper, and yellow bell pepper into 1 1/2-inch pieces.

Cut the red onion into 1 1/2-inch pieces and separate the layers.

Thread the skewers alternately with bell peppers, red onion, and salmon.

Brush the skewers with olive oil and season with salt and pepper.

Cook on a hot grill turning once until the salmon is cooked through and the vegetables soften slightly.

Serve with a squeeze of lemon juice.

Enjoy!