

Grilled Salmon and Avocado Pitas

Ingredients:

1 tbsp	wasabi paste
2 tsp	soy sauce
2 tsp	rice vinegar
¼ cup	mayonnaise (or similar)
½ lb.	salmon or arctic char fillet
2 tsp	olive oil
1 tsp	salt
2	whole wheat pita rounds
½	ripe avocado, diced
2 cup	loosely packed arugula (or any salad greens)
1	medium tomato, seeded and diced

Making it:

1. Bowl: In a small bowl, combine the wasabi paste, soy sauce, vinegar, and mayonnaise. Set aside.
2. Preparing Salmon: Brush salmon with olive oil and sprinkle with salt.
3. Grill (either oiled charcoal or gas grill, 450° to 550°). Lay salmon on an; close lid on gas grill.
4. Grill 6 to 8 minutes depending on thickness, turning over once, until just barely done (cut to test; flesh will be a darker shade of pink in the center). Remove from grill and quickly toast pita rounds on grill, about 2 minutes, turning once.
5. Cut or flake salmon into 1-in. cubes.
6. Cut pita rounds in half and spread wasabi mayonnaise on insides. Fill each pita half with salmon, avocado, arugula (or salad greens) and tomatoes, dividing equally.

Tips and Hints:

- Make sure the grill is very hot before placing salmon on. You should only be able to hold a hand 5" above for 2-4 seconds.
- To ensure salmon is cooked, test the salmon with a fork after the correct amount of time. The grilled salmon is cooked when it flakes easily with a fork. It will also look opaque and feel slightly firm.

NUTRITION FACTS

Servings: 4 sandwich halves
 Serving Size: 1/2 pita with filling

Total Calories	371
Carbohydrate	26 g
Total Fat	23 g
Protein	18 g
Fiber	6 g

Prep Time: 15

Cook Time: 25