

# **Grilled Salmon with Red Onions**

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**Servings: 4**

**2 tablespoons Filippo Berio olive oil**  
**1 large red onion, cut into thick slices**  
**salt**  
**freshly ground black pepper**  
**4 six-ounce-each salmon steaks**  
**2 large oranges, cut into quarters**  
**olive oil (for brushing)**

Brush the grill grate with olive oil.

Preheat a gas or charcoal grill to medium-high heat.

Spread the olive oil on half of a large sheet of aluminum foil. Add the onions and coat them in the olive oil. Season with salt and pepper. Fold the other half of the aluminum foil over the onions and seal the edges. Place the onion package on the grill.

Place the salmon on the grill along with the orange quarters. Lightly brush the salmon and oranges with olive oil.

Close the grill top and cook for 5 to 7 minutes. Turn once. Turn the onion package once.

The salmon should have nice grill marks and be moist and pink in the middle.

Transfer the salmon and oranges to a platter. Open the aluminum foil and spread the onions over the salmon. Season with salt and pepper. Squeeze the oranges over the salmon. Serve.

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Per Serving (excluding unknown items): 243 Calories; 6g Fat (22.6% calories from fat); 35g Protein; 11g Carbohydrate; 2g Dietary Fiber; 88mg Cholesterol; 115mg Sodium. Exchanges: 5 Lean Meat; 1/2 Vegetable; 1/2 Fruit.