



## Pesto Salmon

From the kitchen of: Flint Steelheaders

Preparation time: 30 min.

Number of servings: 2

### INGREDIENTS

4-4oz pieces of salmon skined & filleted

Basil Pesto

salt & pepper

Olive oil

Pam cooking spray for grill

### INSTRUCTIONS

Lightley cover both sides with olive oil and salt & pepper to taste. On one side put Basil Pesto seasoning about 1 tps. per piece. Put grill on med. heat spray with pam place fish on grill and close cover. The temperature of each grill varies so you may have to turn your grill up or down. Cook for 20 to 25 min Good Eating.



## Balsamic Sun-Dried Tomato Pesto

From the kitchen of: Flint Steelheaders

Preparation time: 30 min.

Number of servings: 2

### INGREDIENTS

4-4oz pieces of salmon skined & filleted

Balsamic Sun-Dried tomato Pesto

Olive oil

salt & pepper

Pam cooking spray for grill

### INSTRUCTIONS

Lightley cover both sides with olive oil and salt & pepper to taste. On one side put balsamic Sun- Dried Tomato about 1 tps. per piece. Put grill on med. heat spray with pam place fish on grill and close cover. The temperature of each grill varies so you may have to turn your grill up or down. Cook for 20 to 25 min Good Eating.