

## FITNESS RUNNER

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RAC FAVORITE RECIPE

### SURFIN' SALMON

**One 2-3 lb. salmon fillet**

**¼ cup butter**

**¼ teaspoon garlic salt**

**¼ teaspoon onion powder**

Brown butter on medium heat. As soon as it turns brown, add garlic salt and onion powder. Cook on medium low heat for about 1 minute or until salt starts to brown, remove from heat.

Preheat grill to medium. Place fillet onto grill, skin side down. Baste with brown butter mixture. Cook for 15 – 20 minutes or until medium rare. Take salmon off the grill by running two spatulas along the underside of the meat, leaving the skin on the grill.

Serves 4-6

### RAC HOT TIP:

The Surfin Salmon recipe is provided by Surfin Seafood — a mom-owned, Seattle-based seafood business that delivers high-quality, flash-frozen, fresh seafood directly to your door! Customers order on-line to reserve delivery and receive a cooler packed with a month's worth of healthful, fresh seafood, from salmon to mahi-mahi to crabmeat. Surfin' Seafood delivers door-to-door anywhere in the country. Cool!

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