



**Marjie C. Andrejciw, MT (ASCP) MS, NC**  
**Holistic Nutritional Counselor**  
(810) 869-8898  
[www.circleoflifefood.com](http://www.circleoflifefood.com)

## *Grilled Salmon with Avocado Sauce*

### ***Ingredients:***

- 2 lbs wild-caught salmon, cut into 4 pieces
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp chili powder
- ½ tsp garlic powder

### ***For Avocado Sauce:***

- 2 avocados, roughly chopped
- 1 small red onion, diced
- 1 garlic clove, minced
- 1 lime, juiced
- 1 tsp extra virgin olive oil
- 1 tbsp fresh cilantro, minced
- sea salt and freshly ground black pepper

### **PREPARATION:**

1. Combine cumin, paprika, onion powder, chili powder, garlic powder and season with salt and pepper to taste. Rub mixture over salmon, refrigerate for 20-30 minutes.
2. Mash the avocado until it's smooth.
3. Add the remaining ingredients for the avocado sauce and stir until well blended.
4. Pre-heat grill pan to medium-high and remove the salmon from refrigerator. The salmon can be pan seared if you don't have a grill pan.
5. Grill salmon for 6-10 minutes, flipping once.
6. Service with the avocado sauce.