



## Spiced Salmon Kabobs

4 servings

20 minutes

### Ingredients

- 2 tbsps Parsley (chopped)
- 1 tbsp Sesame Seeds
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 2 tbsps Maple Syrup
- 2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
- 1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
- 2 Lemon (sliced into thin rounds)
- 8 Barbecue Skewers
- 6 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	348
Fat	17g
Monounsaturated	8g
Carbs	17g
Fiber	5g
Sugar	10g
Protein	33g
Cholesterol	78mg
Sodium	364mg
Potassium	1177mg
Vitamin A	1834IU
Vitamin C	23mg
Calcium	103mg

### Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

### Notes

**Add Carbs:** Serve with quinoa, brown rice or sweet potato.

**Time Saver:** Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.