



Grilled Salmon with Avocado-Corn Butter

Prep: 20 minutes plus standing

Cook: 8 minutes • Serves: 6

Avocado-Corn Butter

- 1 ear of corn, silk and husk removed
- 1 ripe avocado, peeled, pitted and cut into large pieces
- 4 tablespoons Essential Everyday® unsalted butter, softened
- 2 tablespoons fresh lime juice
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ teaspoon ground cumin
- ⅛ teaspoon ground red pepper

Salmon

- 6 salmon fillets (about 2¼ pounds)
- Essential Everyday® cooking spray
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 3 lemons, cut crosswise in half

1. Prepare Avocado-Corn Butter: Prepare outdoor grill for direct grilling over medium-high heat. In medium saucepot, heat corn and 2 cups water to boiling over high heat; boil 10 minutes or until corn is tender. Drain and let cool; cut kernels from cob. Reserve half the corn for another use.

2. In bowl of food processor with knife blade attached, pulse remaining ingredients and corn until well combined. Makes about 1½ cups.

3. Prepare Salmon: Spray salmon with nonstick cooking spray; sprinkle with salt and pepper. Place salmon and lemons on hot grill rack; cook salmon and lemons 8 to 10 minutes or until internal temperature of salmon reaches 145° and grill marks appear on lemons, turning salmon once halfway through cooking. Let stand 5 minutes. Serve salmon with lemons and Avocado-Corn Butter.

Approximate nutritional values per serving:

*392 Calories, 25g Fat (9g Saturated), 94mg Cholesterol,
663mg Sodium, 4g Carbohydrates, 2g Fiber, 28g Protein*

chef tips

Avocado-Corn Butter can be prepared, covered and refrigerated up to 1 day.

Serve salmon alongside rice pilaf mixed with reserved corn.