

Grilled Salmon with Blueberry Dijon Sauce

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4 salmon fillets, 4-6 oz. each
2 T olive oil, divided
1 medium shallot, minced (about ¼ C)
1 C fresh blueberries
Pinch of red pepper flakes
1 T honey

1 T Dijon mustard
½ C red wine
1 T fresh chopped parsley
1 T butter
Salt & pepper to taste

Blueberry Dijon Sauce

Sauté shallot and red pepper flakes with 1 T olive oil in a small saucepan over medium heat until shallots are translucent. Add blueberries and continue sautéing until blueberries begin to burst approximately, 3-4 minutes). Add honey, Dijon mustard red wine, and parsley. Reduce volume by half. Salt & pepper to taste. Remove from heat, add butter, and swirl to combine. Set aside to cool.

To prepare dish

Preheat grill pan over high heat. Brush salmon fillets with remaining olive oil, add salt & pepper to taste. Grill for 2-3 minutes per side (grilling will vary depending on thickness of fillets). Top with blueberry sauce.

Serves 4.

Note: I like to serve this atop roasted green beans. Simply toss stemmed green beans with a little olive oil, salt, & pepper. Lay out in a single layer on a baking sheet and roast in a preheated 400° oven for 13-15 minutes.

