

Herb Rubbed BBQ Salmon

Prep Time: 5 minutes

Cook Time: About 10 minutes

Temperature: 400

This herbed rub has just the right amount of sweetness mixed with spice. It will quickly become your favorite salmon dish! (Also an easy oven-baked dish; rub is also great on trout)

INGREDIENTS

- 1.5 lbs fresh (skin on) salmon filet
- 1 large cedar bbq board (you can buy at Canadian tire for about \$6-8)

Rub:

- 1.5 tbs brown sugar
- 1 tsp kosher salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 3/4 tsp paprika
- 1/2 tsp oregano
- 1/2 tsp dried thyme
- 1/2 tsp red pepper flakes
- 1/2 tsp cinnamon
- 1/2 tsp black ground pepper
- 1 lemon, cut into slices

PROCEDURE

1. Prepare the cedar plank based on directions (soak about an hour in water). Preheat BBQ
2. Mix the rub ingredients in a jar or dish
3. Place salmon, skin side down on plank. Coat flesh with rub. (You can also grill on a regular BBQ-safe grill plate if you don't have a plank)
4. Bake using indirect heat in BBQ for about 10 minutes (spray plank with water as needed during cooking to avoid burning).
5. Serve with your favorite BBQ'd veggies and side salad.