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WHOLEHEARTED LIVING

JENNA RD, CDE



Salmon Kabobs, Corn, and Romesco Sauce

BY EVERYDAY EATLOVE

15 MINS PREP | 30 MINS COOK | 3 SERVINGS

To modify servings, view nutrition information and more, go to **eatlove.is**

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

Kabobs

- 3 pinches red pepper flakes
- 3 dashes salt
- 3/4 teaspoon oregano
- 3 cloves garlic minced
- 3 teaspoons olive oil
- 12 ounces salmon cut into 1 inch cubes
- 3 green bell peppers cut into 1 inch pieces

Romesco Sauce and Corn

- 1 1/2 peppers roasted red pepper
- 1 1/2 cloves garlic
- 3 dashes salt
- 3 tablespoons almonds
- 3 teaspoons olive oil
- 3 cups Frozen Corn thawed

NUTRITION INFORMATION PER SERVING

Protein **33g**	Fruits **0 servings**
Total Fat **22g**	Vegetables **1.88 servings**
Carbs **49g**	Saturated Fat **3.19g**
Calories **504kcal**	Sodium **664mg**
Iron **2.94mg**	Fiber **8.8g**
Vitamin C **238mg**	Added Sugar **0g**

Method

1. If using wooden skewers, soak them in water for 30 minutes before cooking.
2. Make the romesco sauce by combining all ingredients in a blender. Add water if needed to thin the sauce. Cover and refrigerate until ready to serve.
3. Microwave the corn 3 minutes until kernels are tender. Set aside to cool while you cook the salmon.
4. Add salmon and bell pepper to a bowl. Toss with red pepper flakes, salt, oregano, garlic, and olive oil.
5. Thread salmon cubes and bell peppers on skewers.
6. Grill the skewers on medium high heat for 3-5 minutes on both sides. Or cook in a skillet on the stove over medium high heat.
7. Spread romesco sauce on a plate and top with kabobs and corn.



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