

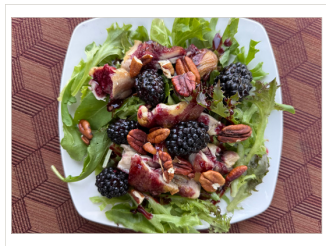
COASTAL BLACKBERRY SALAD

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 2 ½ cups blackberries (2 6oz containers)
- 2 Tbsp. Balsamic Vinegar
- 1 Tbsp. Maple Syrup
- 2 Salmon filets (3 oz. each) OR substitute chicken
- ¼ tsp. Salt
- ¾ tsp. Black Pepper
- Pinch cayenne pepper
- 2 tsp. lemon zest



Instructions:

1. Prepare a small pot over medium heat. Wash produce items before use.
2. Add 1 cup of blackberries, balsamic vinegar and maple syrup to small pot. Mash blackberries as they become heated. Simmer sauce for 15 minutes and remove from heat. Sauce will thicken as it cools. Add 1-2 tsp. lemon zest to taste.
3. Prepare to grill salmon filets. Oil the grill. Wash and pat salmon dry. Lightly coat with olive oil cooking spray and sprinkle with salt and pepper (optional).
4. Grill salmon covered for 7-10 minutes, turning one time. Salmon is cooked when it flakes easily.
5. Serve with a salad, top with grilled salmon and drizzle with blackberry sauce.

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