

Grilled Salmon Cucumber Dill Salad

<http://userealbutter.com/2014/05/07/grilled-salmon-cucumber-dill-salad-recipe/>
based on [this recipe from Wegmans](#)

grilled salmon

1 tbsp olive oil
24 oz. wild salmon filet, cut into 4 6-oz. pieces
sea salt
black pepper, freshly ground
1 tsp vegetable oil
1 oz. fresh dill sprigs
1-2 lemons, sliced thin

cucumber dill salad

1 1/2 lbs. Persian or cocktail cucumbers, peeled and sliced on the diagonal
6 oz. Greek yogurt (plain) or regular plain yogurt
1 tbsp fresh dill, chopped
1/2 tsp kosher salt
2-3 tbsps fresh lemon juice, to taste

green salad

1 lb. spring mix greens
1/2 small red onion, sliced thin
2-3 tbsps olive oil
sea salt
black pepper, freshly ground
2-3 tbsps fresh lemon juice, to taste

Grill the salmon: Rub a little olive oil on both sides of the salmon pieces and season both sides with salt and pepper. Rub some vegetable oil on the grates of your fish basket (the inside – the parts that will touch the food). Layer the dill sprigs on the bottom of the fish basket. Layer the lemon slices evenly over the dill. Set the salmon pieces skin-side down on the lemon slices. Close the fish basket securely over the fish. Clean the grates on the grill and turn the burners to high (or prep the coals to high heat). Grill the salmon, skin-side up for 2-3 minutes with the lid closed. Flip the basket and grill the salmon for another 4 minutes or until it looks mostly done. Remove from heat and carefully release from the fish basket. Remove and discard the skin and charred dill and lemon slices.

*If you don't have a fish basket, you can omit the dill and lemon and grill directly on the grates – just be sure to oil the grates using tongs and a paper towel soaked with a little vegetable oil. Grill skin-side up and only flip the fish when it releases easily from the grates. Finish grilling skin-side down.

Make the cucumber dill salad: Persian and cocktail cucumbers tend to be crisp and less watery than English or slicing cucumbers. If using larger cucumbers with lots of pulp and seed, slice the peeled cucumbers in half and scrape the seeds and pulp out with a spoon before slicing. Combine the cucumbers, yogurt, dill, kosher salt, and 1 tablespoon of lemon juice together in a large bowl. Add more lemon juice to desired taste.

Prepare the greens: In another large bowl, toss the greens, red onions, olive oil, sea salt, black pepper, and 2 tablespoons of the lemon juice together until the green are well coated. Add more lemon juice, salt, and pepper to taste.

Plate the salad: Place 1/4 of the greens in a large shallow bowl or a large plate. Arrange 1/4 of the cucumber salad over the greens. Set a piece of salmon on the cucumber salad. Garnish with dill or capers. Serves 4.