



## NASCAR COOKS! Race Day Recipe Contest

Winner – Week 7

Recipe Submitted by Janet L. Strader from Riner, Virginia

RECIPE: Melt in your mouth like cheap tennis shoes to a road in summertime in Talladega, Grilled Salmon

### INGREDIENTS:

- 4 Salmon Filets
- 6 Tbsp. (plus 4 Tbsp. for coating) Lemon Juice
- 4 Tbsp. Chopped Garlic (from a jar is fine, easier to transport to the track)
- 2 Tsp. Parsley Flakes
- 2 Tsp. Old Bay Seasoning
- 3 Cups Italian Bread Crumbs
- 1 Tsp. Pimento
- 1 Cup Salad Shrimp
- Grated Parmesan Cheese
- ½ stick of real butter
- Salt & pepper to taste

### INSTRUCTIONS:

- Spray a pan made for grilling with non-stick cooking spray.
- Place salmon on pan (skin side down), coat each filet with a tablespoon of lemon juice, salt & pepper to taste.
- In a mixing bowl combine: rest of lemon juice (6 Tbsp.), garlic, parsley, old bay seasoning, bread crumbs, shrimp and pimento. Spread mixture on each salmon filet and then sprinkle with parmesan cheese.

- Place pan on grill, med-high heat for approx. 12 minutes or until done.
- Side item: place favorite vegetables in an aluminum foil pouch with butter, salt and pepper. Fold aluminum foil tightly around veggies and grill with your salmon.