

Tomato SALMON KABOB

Quick, Easy,
Healthy. Try our
TOMZ Red
Cherry Tomatoes
paired with fresh
salmon and add
some variety to
your summertime
grilling!



DIRECTIONS:

- Dice the filets into cubes.
- Soak the skewers in water for 5 minutes prior to grilling.
- Add the TOMZ Tomatoes and salmon cubes to the skewers by alternating between the two. Each skewer should have 3 salmon cubes and 4 tomatoes.
- Mix olive oil with the dill and then brush onto the kabobs. Add salt and pepper for seasoning.
- Grill the kabobs for 3-4 minutes on each side.
- Garnish with cilantro and then complete by drizzling lemon juice on top.

CHEF'S TIP:

Feel free to experiment with different seasonings to vary the flavors!

INGREDIENTS:

- 16 TOMZ Red Cherry Tomatoes
- 3 salmon filets
- 1 tsp. dill
- 3 tbsp. olive oil
- 2 tbsp. cilantro
- ½ lemon
- 4 skewers
- Salt & ground pepper to season



Prep time: 10 Minutes
Cook time: 10 Minutes
Serves: 4 People

Nutrition Facts	
Serving Size (545g) Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 45mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	24%
Sugars 13g	
Protein 13g	
Vitamin A 90%	Vitamin C 120%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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