

Stuffed Healthy Whole Salmon

Submitted by Heidi Sullivan.

This is quick and easy and a great recipe for camping.

Scale, gut and clean whole salmon, taking off the head and tail. Prepare a large piece of foil that will fit around the salmon and place salmon onto foil. In a bowl, combine small chopped vegetables (stir fry style – onion, tomato, green pepper, celery) with your favourite BBQ sauce or spicy Salsa, making sure the veggies are well coated. Stuff veggie mix into the salmon, wrap and seal the foil around the whole fish. Place into oven at about 180 C or 350 F and bake for about 30 minutes. Test salmon with a fork at the thickest part of the fish. It is done if the meat has turned colour and is flakey. The texture is very flakey with a slight smoky taste and the veggies are crunchy. Best size is a 5 to 8 pound fish that will serve about 4 to 6 people with side dishes of a honey mustard dip or salsa, French bread or garlic bread and a variety of salads.