

Grilled Salmon with Herbed Butter

I am a creature of habit when it comes to preparing salmon. I season it with either a light coating of olive oil, salt and minced fresh rosemary or an herbed butter. In the summer, I tend to default to herbed butter simply because I love basil and always have it growing in my garden.

The number of servings depends on size of salmon fillet. A 4-oz piece of salmon is the recommended serving for adults, which is approximately the size of an adult palm.

Note: I choose wild-caught or Norwegian farmed salmon, [read more about the differences between wild-caught and farmed salmon](#)

[amd-yrecipe-recipe:2]



garlic and basil herbed butter for grilled salmon



fillet of salmon ready for grilling



grilled salmon with garlic and
basil herbed butter

Pin recipe for later...

<https://www.pinterest.com/pin/640848221947463266/>