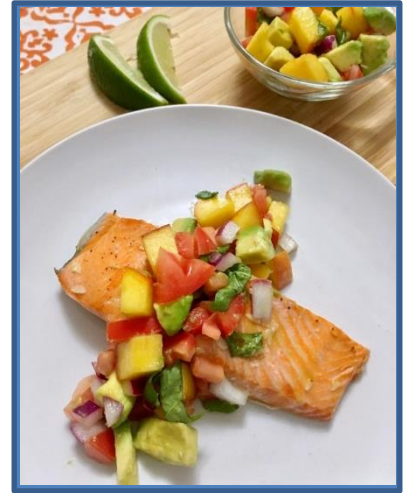


Broiled Salmon with Peach & Avocado Salsa

From Alexandra Regalado, RD, LDN

Ingredients:

¼ cup chopped red onion
1 lime, cut in half
¼ teaspoon plus ⅛ teaspoon salt, divided
1 pound salmon, cut evenly into 4 pieces
1 garlic clove, minced
pinch of black pepper
1 ripe peach, chopped
1 roma tomato, diced
½ avocado, diced
¼ cup fresh basil, chopped
1 jalapeno, minced (optional)



Instructions:

In a medium bowl, combine the red onion, juice from half of the lime, and ¼ teaspoon of salt – set aside.

Preheat broiler with oven rack 6-inches below the heat. Line a baking sheet with foil and coat with non-stick cooking spray. Place salmon skin side down on foil-lined sheet. Squeeze juice from remaining lime half over the fish, then sprinkle with minced garlic, remaining ⅛ teaspoon salt, and black pepper. Broil for 4 to 10 minutes or until fish flakes easily with a fork (see note).

While salmon is cooking, add the remaining ingredients to bowl with the onion.

When salmon is fully cooked, remove from the oven and let rest 2 to 3 minutes. Serve each piece topped with ¼ of the peach and avocado salsa.

Note: The salmon will need about 4 to 6 minutes per ½-inch of thickness. The salmon should be fully cooked when the entire piece appears light pink throughout and feels slightly firm to the touch (or its internal temperature reaches 145 degrees).

Yield: 4 servings

Nutrition Information Per Serving:

CALORIES: 220 calories
Carbohydrate: 8 grams

TOTAL FAT: 10 grams
FIBER: 2 grams

SAT FAT: 1.5 grams
SUGAR: 5 grams

SODIUM: 270 milligrams
PROTEIN: 23 grams

MAKE IT A MEAL

Protein: 1 serving salmon

Starch: 1 cup cooked quinoa (220 calories)

Vegetable: 8 medium asparagus spears, steamed (70 calories)

Cooking Tips

- Prepare quinoa per package directions.
- In a pot with a steamer basket, add an inch of water – bring to a boil. Cut asparagus to fit steamer basket, cover, and steam until crisp-tender, about 6 to 8 minutes. Drizzle with olive oil (about a teaspoon) and season with salt and pepper, to taste.

Use of Leftovers

Stuff leftover salmon into half a whole-wheat pita and top with peach and avocado salsa.

