



Eat Well

Salmon with Mango Salsa

Directions

Brush salmon fillets evenly with 1 Tbsp oil. Cook salmon according to package directions in oven or on a grill. Zest the limes, then squeeze the juice out of the limes into a small bowl using a juicer. Dice mango, cucumber and tomato. Chop cilantro and onion. Combine all ingredients in a small bowl and mix in 1 Tbsp oil. Season with salt and pepper. Serve salmon with mango salsa.

Servings: 8

Ingredients

- » 4 (6oz) salmon fillets, thawed
- » 2 Tbsp olive oil
- » 1 mango, peeled, pitted, diced
- » 1 cucumber, seeded, diced
- » ½ cup plum tomato, seeded, diced
- » ¼ cup fresh cilantro leaves, chopped
- » ¼ cup red onion, chopped
- » 2 Tbsp lime juice
- » 2 tsp lime peel, grated
- » Pinch of cayenne pepper (optional)
- » Salt and pepper (to taste)

Nutrition information per serving:

Calories 230, Fat: 14 g, Sodium 55mg, Carbohydrates 6g, Protein 19g.

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Source: NDSU extension

