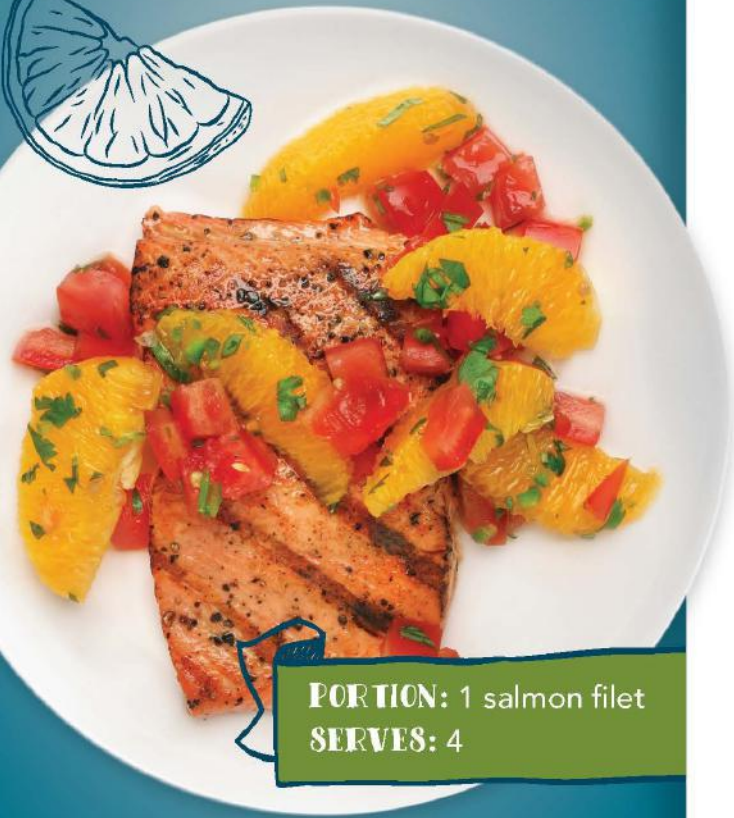


GRILLED SALMON WITH Citrus Tomato SALSA



PORTION: 1 salmon filet
SERVES: 4

SUPERFOOD

INGREDIENTS

4 ea Wild Salmon Filet, 4 oz.

1/8 tsp Fine Ground Black Pepper

1/8 tsp Kosher Salt

1/3 Tbsp Canola Oil

1/2 cup Tomatoes, Chopped

2 Tbsp Lemon Sections, Chopped

1/4 cup Cilantro

1/2 ea Jalapeño, Minced

1 1/4 cup Orange Sections, Chopped

METHOD

For the Salmon:

1. Drizzle olive oil on the salmon and season with salt and pepper. Place salmon on a pre-heated grill and cook for approximately 3 to 4 minutes on each side. Place on a baking tray and place in the oven for 5 minutes until firm but not dried out. The internal temperature should be 145F. Remove from the oven and set aside.

For the Citrus Tomato Salsa:

2. Chop all of the ingredients. In a bowl, mix the chopped orange segments, lemon segments, chopped cilantro and minced jalapeno. Add the diced tomato. Mix thoroughly.
3. Place the salsa over the salmon and serve.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
190	6g	1g	10g	23g	2g	140mg