



Salmon with Blueberry-Mango Salsa

Makes: 4 servings

Prep time: 20 minutes

Cook time: 10 minutes

Ingredients

1/3 cup blueberries

1/3 cup peeled, diced mango

2 tablespoons minced red onion

2 tablespoons minced red bell pepper

1 tablespoon minced fresh cilantro

1 tablespoon fresh lime juice

1/2 teaspoon minced jalapeno pepper

2 teaspoons sugar or 2 teaspoons evaporated cane juice

1/4 teaspoon sea salt

1/2 teaspoon extra virgin olive oil

4 4-ounce salmon fillets

Pinch each of sea salt and ground pepper

1. Combine blueberries, mango, onion, pepper, cilantro, lime juice, jalapeno, sugar or cane juice, and salt in a medium bowl. Lightly crush with a fork to release the juices. Set aside.

2. Heat olive oil in a large pan over medium-high heat. Season the salmon with salt and pepper and sear for 3 to 5 minutes per side, or until just cooked through.

3. Serve fillets with salsa.

Nutrition facts per serving: 205 calories, 19g protein, 6g carbohydrate, 11g fat (2g saturated), 1g fiber