



Grilled Salmon with Mango Salsa

Prep Time 20 mins
Total Time 30 mins
Meal Type Lunch,Dinner
Contributed By **LivingPlateRx**
Source Living Plate Teaching Kitchen



Servings 4

Salmon

Ingredients

lb,c g,ml

- 1 1/2 lb salmon
- 2 Tbs olive oil
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Heat grill to medium-high heat.
2. Divide salmon into 4 equal filets with skin on.

Make

1. Brush each salmon fillet with 1/2 tablespoon of olive oil sprinkle with salt and pepper to taste.
2. Place on the grill, skin side up first [flesh side should be grilled first to avoid early separation from skin]. Grill salmon until firm and browned, about 4 minutes per side. This can also be done in a grill pan.
3. Transfer salmon to a serving platter.

Salsa

Ingredients

lb,c g,ml

- 2 cups mango, *chopped*
- 1/2 cup tomato, *chopped*
- 1/2 bell pepper, red, *chopped*
- 1/4 cup scallions, *minced*
- 1/2 tsp jalapeño pepper, *minced*

Directions

Prep

1. Dice the mango, tomato, and bell pepper.
2. Mince scallions and jalapeño.
3. Juice lime and finely chop cilantro.

- 1 lime, *juiced*
- 3 Tbs cilantro, fresh, *chopped*
- salt, *to taste*

Make

1. Mix all ingredients in a bowl and season with salt.
2. Spoon over warm salmon filets just before serving.

Notes

Other fish options: Baked cod or flounder. Grilled tuna or halibut.

Other fruit options: peaches, nectarines, pineapple.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	312	Total Fat 13.9g	21%	Total Carbohydrates 13g	4%
		Saturated Fat 3.2g	15%	Dietary Fiber 1g	2%
		Trans Fat 0.0g		Total Sugars 10g	
		Cholesterol 83mg	27%	Protein 34g	
		Sodium 266mg	11%		
Vitamin D 18mcg 183% · Calcium 23mg 2% · Iron 151mg 838% · Potassium 903mg 19%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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