SWEET AND SAVORY SALMON

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 5 (Serving = 1 salmon fillet with 3/4 cup salsa)

Nutrition (per serving)

Calories: 320	Total Carbohydrate: 22 g
Total Fat: 15 g	Dietary Fiber: 2.5 g
Saturated Fat: 2 g	Total Sugars: 16 g
Sodium: 60 mg	Protein: 28 g

Ingredients

Fruit Salsa

- 1 mango, peeled, seeded and diced
- 1 cup diced strawberries
- 1 cup diced pineapple
- 2 Tablespoons fresh squeezed lemon juice
- 1 teaspoon honey
- ½ teaspoon poppy seeds
- Zest of 1 large lime

Salmon

- 1 ½ pound salmon fillet
- 1 teaspoon salt-free garlic spice blend (like Mrs. Dash®)
- 2 Tablespoons extra-virgin olive oil

OSF HealthCare

Directions

1. In a small bowl, combine all fruit salsa ingredients and mix together; Set aside.
2. Season both sides of the salmon with the spice blend.
3. In a large skillet over medium-high heat, add the oil. Place salmon in heated oil, searing until browned on all sides (approximately 1-2 minutes on each side). The surfaces of each piece will be slightly crisp, but the flesh will still be light pink and moist in the center of its thickest parts.
4. Top cooked salmon fillet with salsa.

OSF HealthCare