

## Cilantro Lime Salmon with Roasted Corn and Black Bean Relish



### Makes:

6 servings, 4 oz/113g salmon fillet with  $\frac{1}{2}$  cup/120g relish

### Utensil:

8" Chef's Gourmet Skillet  
12" Chef's Gourmet Skillet  
large mixing bowl

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### Recipe:

### Contributed By:

Chef John Lara  
Personal chef to former U.S. President  
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### Recipe Description:

This marriage of flavors will delight the palette and please the eye. Low in calories and bursting with "good" carbs, simply sit back and enjoy! This is one of our favorite fish recipes.

#### Marinade

1 teaspoon  
fresh garlic, shredded, use Cone #1  
(3  
9)  
 $\frac{1}{4}$  cup  
fresh cilantro, chopped  
(15  
9)  
3 tablespoons  
lime juice  
(45  
mL)  
1 teaspoon  
salt  
(6  
9)  
 $\frac{1}{2}$  teaspoon  
cumin  
(3  
9)  
 $\frac{1}{2}$  teaspoon  
chili powder  
(3  
9)  
2 tablespoons  
honey  
(42

g)  
 $\frac{1}{2}$  cup  
 extra virgin olive oil  
 (120  
 mL)

### Salmon with Corn and Black Bean Relish

1  $\frac{1}{2}$   
 pounds salmon fillet, skinless (680 g) 2  
 cups corn kernels (330 g) 2  
 cups black beans, rinsed and (345 g) 1  
 drained  $\frac{1}{2}$   
 cup grape tomatoes, sliced in (150 g) 3  
 halves 1  
 cup red onions, strung, use Cone (80 g)  $\frac{1}{2}$   
 #2  $\frac{1}{2}$   
 tablespoons cilantro, (11 g) 3  
 chopped  
 teaspoon Serrano pepper, finely (5 mL) **Garnish**  
 chopped  
 teaspoon salt (2.5 mL) teaspoon cumin (2.5 mL) **Directions:**  
 tablespoons lime juice (45 mL) mixed greens avocado slices  
 lime slices cilantro 1. Mix  
 leaves all marinade ingredients thoroughly in a  
 large bowl. Cut skinless fillets into 4  
 ounce/113g portions. Place fish in marinade for one hour.  
 Turn and marinate for another hour.  
 2. Preheat 8" gourmet skillet over medium heat. When several  
 drops of water sprinkled on the pan skitter and dissipate place  
 corn in pan. Sauté corn until slightly caramelized,  
 approximately 4 - 5 minutes.  
 3. In a large bowl combine sautéed corn, beans, tomatoes,  
 onions, cilantro, Serrano pepper, salt, cumin and lime juice.  
 Mix thoroughly. Allow flavors to marinate for 30 minutes  
 before serving.  
 4. Preheat 12" gourmet skillet over medium heat. When several  
 drops of water sprinkled on the pan skitter and dissipate,  
 place salmon in pan and reduce heat to medium-low. Cook for  
 6 minutes. Turn fillets and cook for an additional 6 minutes.  
 5. To assemble lay seared fillets on a bed of mixed greens  
 topped with the roasted corn black bean relish. Garnish with  
 fresh avocado slices, lime slices and cilantro leaves. Serve  
 immediately.

### Tips:

- Relish can be served with any other fish or meat.
- Relish can be used as a dip for chips or crackers.

### Nutritional Information per

#### ▼ Serving

**Calories:** 369  
**Total Fat:** 15g  
**Saturated Fat:** 3g  
**Cholesterol:** 71mg  
**Sodium:** 537mg  
**Total** 28g  
**Carbs:**  
**Dietary Fiber:** 7g  
**Sugar:** 3g  
**Protein:** 32g