

Salmon with Avocado Salsa



Makes:

6 servings

Utensil:

12" Chef's Gourmet Skillet
medium mixing bowl

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Recipe:

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Recipe Description:

Fresh and light, this tasty meal is high in protein and low in sugar and sodium. Quick, easy and delicious.

Salsa

2 avocados, peeled, seeded and diced
3 tablespoons
lime juice
(45
mL)
1 tablespoon
green onion, diced
(10
g)
1 tablespoon
olive or canola oil
(15
mL)
2 teaspoons
Dijon mustard
salt & pepper to taste

Entree

1 ¼
pounds salmon filets (567 g) 3
tomatoes,
diced

Directions:

1. In a medium bowl place all salsa ingredients and gently blend. Set aside.
2. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, reduce heat to medium-low and place salmon in skillet, skin-side down. Cover and cook until salmon is opaque, approximately 10 minutes.
3. Cut filets in serving size. Place on plate, spoon salsa on top of salmon and tomatoes on top of salsa. Serve hot.

Tips:

- Can substitute lemon juice for lime juice.

Nutritional Information per▼ Serving

Calories: 326
Total Fat: 23g
Saturated Fat: 4g
Cholesterol: 60mg
Sodium: 77mg
Total 8g
Carbs:
Dietary Fiber: 5g
Sugar: 2g
Protein: 23g
