

BROILED SALMON WITH PEACH SALSA

Adapted from Alex Regalado, RD, LDN

Ingredients

- ¼ cup chopped red onion
- 1 lime, cut in half
- ¼ teaspoon plus ⅛ teaspoon salt, divided
- 1-pound uncooked salmon
- 1 garlic clove, minced
- 1 peach, chopped
- 1 roma tomato, diced
- ½ avocado, diced
- ¼ cup fresh basil, chopped

Instructions

In a medium bowl, combine the red onion, juice from half of the lime, and ¼ teaspoon of salt – set aside. Preheat broiler with oven rack 6-inches below the heat.

Line a baking sheet with foil and coat with non-stick cooking spray or oil. Place salmon skin side down on foil-lined sheet. Squeeze juice from remaining lime half over the fish, then sprinkle with minced garlic, and remaining ⅛ teaspoon salt.

Broil for 4 to 10 minutes or until fish flakes easily with a fork (see note). While salmon is cooking, add the remaining ingredients to bowl with the onion to make the salsa. When salmon is fully cooked, remove from the oven and let rest 2 to 3 minutes.

Cut salmon into four pieces. Serve each piece topped with ¼ of the salsa.

Note: The salmon will need about 4 to 6 minutes per ½-inch of thickness. The salmon should be fully cooked when the entire piece appears light pink throughout and feels slightly firm to the touch (or its internal temperature reaches 145 degrees).

Yield: 4 servings

NUTRITION FACTS PER SERVING

CALORIES: 220

PROTEIN: 23 grams

SODIUM: 270 milligrams

CARBOHYDRATE: 8 grams

FIBER: 2 grams

FAT: 10 grams

SATURATED FAT: 2 grams