



Oven Roasted Salmon With Avocado Citrus Salsa

4 Servings

INGREDIENTS

- 1 ripe, fresh avocado (halved, pitted, peeled, diced)
- 3 tablespoons fresh lime juice
- 1 ripe navel orange, peeled and diced
- ½ cup diced, seedless cucumber
- ¼ cup finely diced scallions
- 1 jalapeño pepper (seeded, finely diced)
- 2 tablespoons chopped, fresh cilantro leaves
- ½ teaspoon salt (divided)
- 4 skinless salmon fillets (approximately 2 oz. each)

DIRECTIONS

1. In a medium bowl combine avocado, lime juice, orange, cucumber, onion, jalapeno, cilantro and 1/4 teaspoon of the salt; set aside.
2. Heat broiler.
3. Season salmon with remaining 1/4 teaspoon salt.
4. Arrange fillets on a lightly greased foil-lined rimmed baking sheet.
5. Broil salmon 4 inches from heat source until cooked through, 8 to 10 minutes.
6. To serve, place fillets on a platter; top with salsa.

NUTRITION ANALYSIS (PER SERVING)

Calories	218
Total Fat	13 g
Saturated Fat.....	2 g
Trans Fat.....	0 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	7 g
Cholesterol.....	40 mg
Sodium.....	329 mg
Carbohydrates.....	11 g
Fiber	5 g
Sugars	4 g
Protein	16 g

Dietary Exchanges: 1 vegetable, ½ fruit,
2 lean meat, 1½ fat

*This recipe from Fresh Avocados – Love One Today®
is an American Heart Association Heart-Check Certified recipe.*

