



## From Healthy Soul Food Recipes,

# Salmon with Mango and Peach Salsa

Serves 4 | 3 ounces fish and 2 tablespoons salsa per serving

Cooking spray

### Salsa

- 1 medium mango, chopped
- 1 cup chopped peeled peaches or 1 8-ounce can peaches packed in water, drained and chopped
- ¼ cup chopped fresh parsley
- 3 tablespoons chopped red onion
- 1 small fresh jalapeño, seeds and ribs discarded, chopped

- 1 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- ¼ teaspoon ground cumin

### Salmon

- ¼ teaspoon salt
- ¼ teaspoon pepper (white preferred)
- 4 salmon fillets with skin (about 5 ounces each), rinsed and patted dry
- 2 teaspoons canola or corn oil



- 1 Lightly spray the grill rack with cooking spray. Preheat the grill on medium high.
- 2 In a medium bowl, stir together the salsa ingredients. Set aside.
- 3 Sprinkle the salt and pepper over the fish.
- 4 Grill the fish with the skin side up for 4 minutes, or until browned. Using a spatula, turn over the fish. Grill for 3 to 4 minutes, or until the desired doneness.
- 5 Transfer the fish with the skin side up to plates. Spoon the salsa on top of or beside the fish.



### Nutrition Analysis (per serving)

Calories	245
Total Fat	8.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.0 g
Cholesterol	53 mg
Sodium	236 mg
Carbohydrates	19 g
Fiber	3 g
Sugars	16 g
Protein	25 g

Dietary Exchanges: 1 ½ fruit,  
3 lean meat