

SUPERFOOD

INGREDIENTS

1/2 cup Tomatoes, Chopped
2 Tbsp Lemon Sections, Chopped

l ea Wild Salmon Filet, 4 oz.	1/4 cup Cilantro
/8 tsp Fine Ground Black Pepper	1/2 ea Jalapeño, Minced
/8 tsp Kosher Salt	1 1/4 cup Orange Sections, Chopped
/3 Tbsp Canola Oil	

METHOD

For the Salmon:

1. Drizzle olive oil on the salmon and season with salt and pepper. Place salmon on a pre-heated grill and cook for approximately 3 to 4 minutes on each side. Place on a baking tray and place in the oven for 5 minutes until firm but not dried out. The internal temperature should be 145F. Remove from the oven and set aside.

For the Citrus Tomato Salsa:

- Chop all of the ingredients. In a bowl, mix the chopped orange segments, lemon segments, chopped cilantro and minced jalapeno. Add the diced tomato. Mix thoroughly.
- 3. Place the salsa over the salmon and serve.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
190	6g	1g	10g	23g	2g	140mg