

What's Cooking? Recipe

Salsa Fresca Salmon

Ingredients:

Makes 6 Servings

2 medium plum tomatoes, Chopped
1 small onion, roughly chopped
1 clove garlic, peeled and quartered
1 fresh jalapeno pepper, seeded and chopped
2 teaspoons cider vinegar
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
2-4 dashes hot sauce
1 1/2 pounds salmon fillet, skinned and cut into 6 portions

Preparation:

1. Place tomatoes, onion, garlic, jalapeno, vinegar, chili powder, cumin, salt and hot sauce to taste in a food processor; process until finely diced and uniform
2. Place salmon in a large roasting pan; spoon the salsa on top. Roast until the salmon is flaky on the outside but still pink inside, about 15 minutes.

Nutrition Information:

Per Serving: 173 calories, 23 g protein, 3 g carbohydrates, 8 g fat (1 g saturated fat), 1 g fiber, 266 g sodium, 62 g cholesterol