



Sizzling Grilled Salmon With Mango Salsa

Source: WEBMD

Serving Size: 4

Prep Time: ~30 min

Cooking Time: ~ 15 min



Per serving

401 calories,

36 g protein,

12 g carbohydrate,

23 g fat (5 g saturated fat),

94 mg cholesterol,

2 g fiber,

9 g sugar,

250 mg sodium.

Calories from fat: 52%

Directions

- 1) In a small bowl, prepare mango salsa by combining first seven ingredients.
- 2) Cover with plastic wrap and refrigerate **20-30 minutes** before serving.
- 3) Preheat grill to medium-high.
- 4) Coat salmon on both sides with cooking spray and sprinkle with salt and pepper.
- 5) Place salmon skin-side down on grill rack. **Grill 3-5 minutes on each side** or until fish flakes easily when tested with a fork.
- 6) Serve salmon with mango salsa. Garnish with extra cilantro.

Ingredient List

- 1) 2 plum tomatoes, diced
- 2) 1 small cucumber, peeled and diced
- 3) 1 large ripe mango, peeled and diced
- 4) 1 jalapeño pepper, seeded and finely chopped
- 5) .5 cup chopped fresh cilantro, plus 2 tbsp for garnish
- 6) 2 tbsp fresh lime juice
- 7) 3 tbsp minced red onion
- 8) 4 6-oz salmon filets
- 9) dash of salt
- 10) freshly ground pepper
- 11) Lime, for garnish.