

Roasted Salmon with Summer Salsa

Reverend Dr. Ronald B. Christian
Community Health & Wellness Center

Newark Beth Israel | RWJBarnabas
Medical Center HEALTH

Salmon and other types of fish including tuna, mackerel and trout contain important nutrients called Omega 3 fatty acids. Omega 3's work to reduce inflammation and slow plaque buildup in the blood vessels. Omega 3's can also help to reduce triglyceride levels which lead to a healthier heart! Aim to incorporate fish into your diet twice a week!

Ingredients:

4 skinless salmon fillets (about 4 ounces each)
1/8 teaspoon salt
1/8 teaspoon black pepper
2 mangoes, diced
2 peaches, peeled and diced
1/2 small red onion, diced
1/2 jalapeño pepper, minced (or green bell pepper for less spice!)
2 tablespoons parsley, chopped
Juice of 2 limes

Directions:

1. Preheat oven to 350°F. Grease a baking sheet with cooking spray. Sprinkle the salmon fillets with salt and pepper and place on baking sheet. Bake for 10-12 minutes or until cooked through.
2. While fish cooks, prepare salsa. Combine mangoes, peaches, onion, jalapeno, parsley and lime juice in a medium bowl.
3. Serve salmon fillets topped with 1/4 cup salsa. Enjoy!

Yield: 4 servings (1 salmon fillet and 1/4 cup salsa per serving)

Nutrition Facts: 265 Calories; 7 g Fat (1 g Saturated Fat; 0 g Trans Fat); 61 mg Cholesterol; 210 mg Sodium; 26 g Carbohydrate (3 g Fiber, 21 g Sugar, 0 g Added Sugar); 26 g Protein; 21% Daily Value (DV) Vitamin A; 74% DV Vitamin C; 84% DV Vitamin D; 4% DV Calcium; 6% DV Iron; 16% DV Potassium