

# RECIPE

## Roast Salmon with Salsa

Start to Finish: 25 minutes Servings: 6

### Ingredients:

- 2 medium plum tomatoes, chopped
- 1 small onion, roughly chopped
- 1 clove of 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 of hot sauce
- 1 1/2 pounds salmon fillet, skinned and cut into 6 portions

### Directions:

1. Preheat oven to 400 F.
2. 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.
3. Place salmon in a large roasting pan and 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:

226 Calories; 13 g Total Fat; 3 g Saturated Fat; 5 g Monosaturated Fat; 65 mg Cholesterol; 1 g Fiber; 260 mg Sodium; 2 g Carbohydrates; 23 g Protein; 480 mg Potassium

*This information is courtesy of the American Heart Association, an independent company that offers health education information on behalf of your health plan.*