



Thyme-Roasted Salmon With Crunchy Veggie Salsa

Makes 4 servings

Ingredients

Salsa

- ½ medium cucumber, peeled, seeded and diced
- ¼ cup quartered or chopped grape tomatoes
- ½ medium green bell pepper, diced
- ¼ cup finely diced radishes
- 2 tablespoons snipped fresh cilantro
- 2 tablespoons finely diced red onions
- 1 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon salt

Salmon 4, 5-ounce filets

- 1 teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground black pepper



Instructions

In a medium bowl, gently stir together the salsa ingredients; chill. Rinse the fish and pat dry. Spray baking sheet with vegetable spray, sprinkle fish with seasoning mix. Bake at 375 degrees for 20 minutes or until the fish flakes easily. Serve on plate with ¼ cup of salsa and accompanying sides.

Nutrition Facts

Serving Size: 1 – 5-oz filet, ¼ cup salsa; Calories 156; Total Fat 5.0g; Saturated Fat 1.0g; Cholesterol 59.0mg; Sodium 372mg; Total Carbohydrates 3.0g; Dietary Fiber 1.0g; Protein 23.0g

Recipe adapted from Southern Food Service



BlueCross BlueShield of South Carolina and
BlueChoice HealthPlan of South Carolina