SALMON WITH MANGO AND PEACH SALSA

Preparation: 15 mins. | Cooking: 8 mins. | Servings: 4

INGREDIENTS

4 salmon fillets

1 chopped mango

1 cup chopped peach

1 jalapeno pepper seeded and chopped

1/4 cup chopped cilantro

3 tablespoons chopped red onion

2 tablespoons lime juice

1 teaspoon lime zest

1/4 teaspoon ground cumin

1/4 teaspoon salt

1/4 teaspoon black pepper

Nonstick cooking spray



INSTRUCTIONS

Lightly spray the grill rack with cooking spray. Preheat the grill on medium high, or lightly spray a grill pan with cooking spray and heat over medium-high heat. In a medium bowl, stir together the peaches, mango, cilantro, onion, jalapeño, lime zest and juice and cumin. Set aside. Sprinkle the salt and pepper over the fish. Using your fingertips, gently press the seasonings so they adhere to the fish. Grill the fish with the skin side up for 4 minutes, or until browned. Using a spatula, turn over the fish. Grill for 3–4 minutes or until the desired doneness. Transfer the fish with the skin side down to plates. Spoon the salsa on top of or alongside the fish.

