

Grilled Salmon with Mango Salsa

Salmon is a lean source of protein that's easy to throw on the grill. It is also rich in anti-inflammatory omega-3 fatty acids, which are essential for maintaining a healthy heart and circulatory system. Top with the mango salsa for an extra burst of flavor and color.

Prep time: 30 minutes

Serves 4

Salmon Ingredients

- 1½ pounds wild salmon
- 2 tablespoons olive oil
- Salt, to taste
- Black pepper, to taste

Mango Salsa Ingredients

- 2 cups mango, chopped
- 1/2 cups tomato, chopped
- 1/2 bell pepper, red, chopped
- 1/4 cups scallions, minced
- 1/2 tsp jalapeño pepper, minced
- 1 lime, juiced
- 3 Tbs cilantro, fresh, chopped
- salt, to taste

To grill the salmon:

1. Heat grill to medium-high heat.
2. Divide salmon into 4 equal filets with skin on. Brush each salmon fillet with 1/2 tablespoon of olive oil sprinkle with salt and pepper to taste.
3. Place on the grill, skin side up first [flesh side should be grilled first to avoid early separation from skin]. Grill salmon until firm and browned, about 4 minutes per side. This can also be done in a grill pan.
4. Transfer salmon to a serving platter.

To make the salsa:

1. Mix all ingredients in a bowl and season with salt.
2. Spoon over warm salmon filets just before serving.

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