

Salmon with Tomato-Basil Salsa

Serves 4; 3 ounces salmon and 1/4 cup salsa per serving

Start to Finish: 25 to 30 minutes

The fresh tomato-basil salsa will have you “hooked” on this delicious salmon dish. Rich in omega-3 fats, salmon is good for your heart as well as your taste buds.

Cooking spray

Salmon

4 salmon fillets (about 4 ounces each), rinsed and patted dry

3 tablespoons light mayonnaise

2 tablespoons chopped fresh basil

1/2 teaspoon garlic powder

1/2 teaspoon paprika

Salsa

6 ounces grape tomatoes

1/4 cup fresh basil

1 to 1 1/4 ounces sweet onion

1 tablespoon red wine vinegar

Preheat the oven to 375°F.

Lightly spray a shallow baking pan with cooking spray. Place the fish in the pan.

In a small bowl, stir together the remaining salmon ingredients. Lightly spread on each fillet.

Bake for 15 to 20 minutes, or until the fish flakes easily when tested with a fork.

Meanwhile, chop the tomatoes, basil, and onion. Put in a small bowl. Add the vinegar, stirring gently to combine. Spoon over or beside the cooked fish.

Cook's Tip: Some produce areas indicate “sweet onions” and others specify certain types, such as Vidalia, Ososweet, Maui, Walla Walla, or Texas 1015. As the term indicates, these onions are less pungent than most other onions.

NUTRITION ANALYSIS (per serving)

Calories	200
Total Fat	8.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	2.0 g
Cholesterol	68 mg
Sodium	175 mg
Carbohydrates	5 g
Fiber	1 g
Sugars	2 g
Protein	26 g

Dietary Exchanges: 3 lean meat, 1 vegetable

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