



### **Caramelized Salmon w/ Cherry Salsa**

#### **Salmon**

|        |                              |
|--------|------------------------------|
| 3 Tbsp | Brown Sugar, packed          |
| 1 Tbsp | Orange Peel, grated          |
| ½ tsp  | Black Pepper, coarse ground  |
| 4      | 6 oz. Salmon Filet, skinless |
| 1 Tbsp | Olive Oil                    |

Combine sugar, orange peel and pepper. Place salmon filets on rimmed baking sheet. Rub sugar mixture over fish. Cover and refrigerate 2 to 8 hours.

Heat olive oil in frying pan over medium heat and cook the salmon for 4 minutes. Turn and cook another 4 minutes until just cooked through.

Meanwhile, prepare cherry salsa and spoon fruit salsa over salmon before serving.

#### **Cherry Salsa**

|        |                                   |
|--------|-----------------------------------|
| 1      | Mango, seeded, peeled and chopped |
| ½ cup  | Dried Tart Cherries               |
| 2 Tbsp | Cilantro, chopped                 |
| 2 tsp  | Balsamic Vinegar                  |
| ¼ tsp  | Crushed Red Pepper                |

Combine all ingredients and refrigerate until service.

Yield 4 servings

Nutrient Analysis: 5 oz cooked salmon and 3 Tablespoons sauce : 472 calories, 32.5 grams protein, 43 grams carbohydrate, 16.8 grams fat, 3.4 grams saturated fat, 86 mg cholesterol, 8.4 grams fiber, 380 mg sodium, 30 mg calcium, 1,042 mg potassium, 517 mg of phosphorus, 1.02 mg iron

Experiment and create your own fruit salsa. Try using pineapple, apple or strawberries. Use jalapeno or serrano chile for some extra heat. Substitute mint or basil for the cilantro. Fresh vegetables and nuts can also be used to make an interesting salsa.