

BAKED SALMON WITH POMEGRANATE SALSA

NUTRITION FACTS

Serving Size: 1/2 Salmon portion with 1/3 cup of salsa (recipe makes about 2 servings)

Calories: 373 | Carbohydrates: 15g | Protein: 35g | Total Fat: 19g | Saturated Fat: 3g | Sodium: 78mg | Fiber: 4g

INGREDIENTS

- 1 1/2 tsp Extra virgin olive oil
- 1 1/2 tsp Honey
- 12 oz Salmon fillet
- 1/2 cup Pomegranate seeds
- 1/3 Avocado (medium, chopped)
- 1 Tbsp Cilantro (chopped)
- 1/2 Lime (juiced)
- Sea salt & black pepper (to taste)

DIRECTIONS

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a small bowl, whisk together the oil, honey, salt, and pepper. Brush the mixture onto the salmon.
3. Place the salmon on the baking sheet and bake for 10 to 12 minutes, or until the salmon flakes apart with a fork and is fully cooked.
4. Meanwhile, in a small bowl mix together the pomegranate seeds, avocado, cilantro, and lime juice. Season with salt and pepper.
5. Spoon the pomegranate salsa on top of the fish and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days. Salsa is best enjoyed day of.

Make it Spicy: Add jalapeño to the salsa.

No Cilantro: Omit or use parsley or dill instead.





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