



# Recipes

## Fish

### Broiled Salmon with Tomato Salsa

*Prep and Cook Time: 30 minutes*

*Yield: 4 servings*

#### **Ingredients:**

4 pieces of skinless salmon filets

1 tablespoon lemon juice

Sea salt and pepper to taste

Salsa (optional):

1 large tomato, diced

3 tablespoons minced onion

3 medium cloves, garlic pressed

1 tablespoon minced jalapeno pepper

1 tablespoon grated fresh ginger

1 tablespoon chopped pumpkin seeds

1/4 cup cilantro, chopped

2 tablespoons lemon juice

1 tablespoon extra virgin olive oil

Sea salt and black pepper to taste

#### **Directions:**

1. Preheat broiler on high and place on all stainless steel skillet or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5-7 inches from the heat source.
2. Rub salmon with 1 tablespoon fresh lemon juice and a little sea salt and pepper.
3. Place salmon on the hot pan. Keep in broiler for about 7-10 minutes.
4. Mix all salsa ingredients together. May use store bought salsa from the refrigerated section.
5. Spoon over salmon and serve.