



WellNews

Written by Luis Torres, M.D.

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Cedar Plank Salmon with Mango Avocado Salsa

From the Kitchen of Jennifer Meachum RDN, LD

Makes 4 servings

Cedar plank (found at local grocery store)

- 1 pound salmon (preferably wild)
- 1 Tbsp olive oil
- 1 tsp. California style Lemon pepper

Mango Avocado Salsa:

- 1/2 cup fresh mango, diced in small chunks
- 2 cloves garlic, finely chopped
- 3 Tbsp. cilantro, finely chopped
- 2 Tbsp. red onion, chopped
- ¼ tsp Kosher salt
- ½ jalapeno, deseeded and chopped
- ½ large avocado, deseeded and diced in small chunks
- Juice of 1 lime

Directions:

Soak cedar plank for minimum of 2 hours to prevent plank catching on fire on the grill.

Preheat gas grill to 375 degrees. Rub salmon with oil and season with lemon pepper.

Place salmon filet on cedar plank and place cedar plank on grill.

Cook salmon for 15-19 minutes. While salmon is cooking, in medium bowl prepare salsa. Combine mango, garlic, cilantro, red onion, salt, jalapeno, avocado, and lime juice. Refrigerate until ready to serve.

Top grilled salmon with mango avocado salsa.

Nutrition Information for 4 ounce salmon and ¼ cup mango avocado salsa:

236 calories; Fat 12 gm; Total Carbs 6 gm; Fiber 2 gm; Sodium 277 mg; Protein 25 gm



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