

Treat yourself to grill time

Grilled salmon with mango-avocado salsa

Summertime means grill time. Easy and tasty, this recipe is full of fresh flavors and bright colors.

Makes 4 servings

Ingredients

Four 6 oz. wild salmon fillets

Mango-avocado salsa topping:

1 cup tomatoes, deseeded and diced

1 cup mango, chopped

1/2 cup red onion, diced

1 medium avocado, chopped

1 jalapeno, deseeded and diced (optional)

1/3 cup fresh cilantro, chopped

1-2 limes, juiced

A pinch of sea salt

Freshly ground black pepper to taste

Directions

1. Wash and chop all fruits and vegetables. Combine the mango-avocado salsa ingredients in a bowl and set side. Toss before serving.
2. Preheat grill to medium-high heat. Brush the salmon with oil to prevent sticking to the grill. Grill salmon for about 5 minutes each side, or until your desired doneness. (May broil or bake salmon instead of grilling.)
3. Transfer salmon to a plate, spoon the mango-avocado salsa over it, and serve.

A taste of things to come...

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