



Roast Salmon with Salsa for Two

Cook: 10 min

Ready In: 25 min

Recipe By: **EatingWell Test Kitchen**

“Fire up the food processor, add a few simple ingredients, and you've got a vibrant-tasting salsa in minutes. Other fish and even chicken or turkey could stand in for the salmon—adjust the roasting time accordingly.”

Ingredients

- 1 medium plum tomato, roughly chopped
- ½ small onion, roughly chopped
- 1 clove garlic, peeled and quartered
- 1 small jalapeño pepper, seeded and roughly chopped
- 1 teaspoon cider vinegar
- ½ teaspoon chili powder
- ¼ teaspoon ground cumin
- ¼ teaspoon salt
- 2 or 3 dashes hot sauce
- 8 ounces center-cut salmon fillet, skinned (**see Tip**) and cut into 2 portions

Directions

1. Preheat oven to 400°F.
2. Place tomato, onion, garlic, jalapeno, vinegar, chili powder, cumin, salt and hot sauce to taste in a food processor; process until finely chopped and uniform.
3. Place salmon in a medium roasting pan; spoon the salsa on top. Roast until the salmon is just cooked through, 12 to 15 minutes.

Make Ahead Tip: The salsa (Step 2) will keep, covered, in the refrigerator for up to 1 day.

Tip:

To skin a salmon fillet: Place a fish fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

Nutrition information

Per serving: 256 calories; 15 g fat(4 g sat); 1 g fiber; 4 g carbohydrates; 24 g protein; 40 mcg folate; 62 mg cholesterol; 2 g sugars; 0 g added sugars; 581 IU vitamin A; 19 mg vitamin C; 24 mg calcium; 1 mg iron; 362 mg sodium; 545 mg potassium

Nutrition Bonus: Vitamin C (32% daily value)

Carbohydrate Servings: ½