

Recipe: Salmon & Orange-Olive Salsa

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Looking for a new winter fish dish? Here's your catch. You can substitute other moderately firm fish fillets for salmon such as, striped bass, halibut and mahi mahi.



Glazed Salmon with Orange-Olive Salsa

Recipe from Tufts University Health & Nutrition Newsletter, Volume 10G

Yield: 2 servings

Ingredients for the Orange-Olive Salsa

- 2 medium navel oranges, at room temperature
- ¼ cup finely diced red onion
- ½ cup coarsely chopped pitted Kalamata olives
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lemon juice
- 1 medium jalapeno pepper, seeded and minced (2 Tbsp)

Ingredients for the Salmon & Glaze

- 8 oz salmon fillet (about 1 inch thick)
- ½ tsp pepper
- 1 tsp orange juice
- 1 tsp Dijon mustard
- ½ tsp honey

Directions orange-olive salsa:

1. Peel oranges with a sharp knife, removing all the white pith. Cut oranges in half, lengthwise. Cut each half lengthwise into 4 pieces, then cut cross-wise into 3/8 inch thick slices. Transfer to a bowl. Discard any pits from orange segments.
2. Add onion, olives, cilantro, lemon juice and jalapeno. Stir to mix.

Directions salmon and glaze:

1. Preheat broiler. Cover a small metal baking sheet with foil. Spray with cooking spray. Sprinkle salmon with pepper and place on prepared baking sheet.
2. Broil salmon, about 4 inches from heat source, for 7 minutes. Meanwhile, whisk orange juice, mustard and honey in a small bowl. Brush salmon with orange juice mixture and return to broiler. Cook until lightly browned and salmon just begins to flake, 2-3 minutes longer. Cut salmon into 2 portions and serve with orange-olive salsa.

Nutrition Facts per serving:

1. Calories: 387. Total fat: 20 grams. Saturated fat: 4 grams. Cholesterol: 71 mg. Sodium: 482 mg. Carbohydrates: 25 grams. Fiber: 4 grams. Protein: 27 grams. Vitamin A: 10%. Vitamin C: 170%. Calcium: 10%. Iron: 6%.

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