

Baked Salmon with Mango Salsa



recipe tip

Colorful Mangoes

Mangoes contain carotenoids, plant pigments that add orange and yellow color. Carotenoids are antioxidants that help protect cells from damage.

Fresh tropical and southwestern flavors mingle in a sensational three-ingredient mango salsa. From *eat**better**america*.

Prep Time: 10 min

Start to Finish: 30 min

makes: 8 servings

- 1 large salmon fillet (about 2 lb)
 - 1/2 cup lemon juice
 - 2 ripe medium mangoes, cut in half lengthwise, seed removed and diced (2 cups)
 - 2 teaspoons chopped jalapeño
 - 1/2 cup chopped fresh cilantro
1. Heat oven to 400°F. Spray 13x9-inch pan with cooking spray.
 2. Cut salmon fillet into 8 serving pieces. Place salmon in pan. Drizzle 1/4 cup of the lemon juice over salmon.
 3. Bake 15 to 20 minutes or until salmon flakes easily with a fork.
 4. Meanwhile, in medium glass or plastic bowl, mix mangoes, jalapeno, cilantro and remaining 1/4 cup lemon juice. Serve over salmon.

Nutritional Information

1 Serving: Calories 170 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1 1/2g, Trans Fat 0g); Cholesterol 65mg; Sodium 60mg; Total Carbohydrate 10g (Dietary Fiber 1g, Sugars 7g); Protein 21g **Percent Daily Value*:** Vitamin A 10%; Vitamin C 35%; Calcium 0%; Iron 4% **Exchanges:** 1/2 Fruit; 0 Other Carbohydrate; 0 Vegetable; 3 Lean Meat **Carbohydrate Choices:** 1/2

*Percent Daily Values are based on a 2,000 calorie diet.

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