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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