



SALSA ROASTED SALMON

Intermediate Lifestyle

INGREDIENTS

8 oz. center-cut salmon fillet, skinned and cut into 2 portions
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 TSP cider vinegar
½ TSP chili powder
1/4 TSP ground cumin
1/4 TSP Morton's Salt
2 or 3 dashes Frank's Hot Sauce

INSTRUCTIONS

—Preheat oven to 400°.

—Place tomato, onion, garlic, jalapeño, vinegar, chili powder, cumin, salt and hot sauce to taste in a food processor. Process until finely chopped.

—Place salmon in a medium roasting pan, spoon the salsa on top. Roast until the salmon is just cooked through, 12 to 15 minutes.

SERVING INFO: (Yields 2 servings)

1 fish fillet + ½ tomato relish = 1 P, 1 V