Oven Roasted Salmon With Avocado Citrus Salsa

4 Servings

**INGREDIENTS**

1. ripe, fresh avocado (halved, pitted, peeled, diced)
2. 3 tablespoons fresh lime juice
3. 1 ripe navel orange, peeled and diced
4. ½ cup diced, seedless cucumber
5. ¼ cup finely diced scallions
6. 1 jalapeño pepper (seeded, finely diced)
7. 2 tablespoons chopped, fresh cilantro leaves
8. ½ teaspoon salt (divided)
9. 4 skinless salmon fillets (approximately 2 oz. each)

**DIRECTIONS**

1. In a medium bowl combine avocado, lime juice, orange, cucumber, onion, jalapeno, cilantro and 1/4 teaspoon of the salt; set aside.
3. Season salmon with remaining 1/4 teaspoon salt.
4. Arrange fillets on a lightly greased foil-lined rimmed baking sheet.
5. Broil salmon 4 inches from heat source until cooked through, 8 to 10 minutes.
6. To serve, place fillets on a platter; top with salsa.

**NUTRITION ANALYSIS (PER SERVING)**

- Calories: 218
- Total Fat: 13 g
- Saturated Fat: 2 g
- Trans Fat: 0 g
- Polyunsaturated Fat: 3 g
- Monounsaturated Fat: 7 g
- Cholesterol: 40 mg
- Sodium: 329 mg
- Carbohydrates: 11 g
- Fiber: 5 g
- Sugars: 4 g
- Protein: 16 g

Dietary Exchanges: 1 vegetable, ½ fruit, 2 lean meat, 1½ fat

This recipe from Fresh Avocados – Love One Today® is an American Heart Association Heart-Check Certified recipe.