



Grilled Salmon with Mango Relish

Prep: 35 minutes

Grill: 10 minutes • Serves: 4

Mango Relish

- 2 ripe mangos, peeled and diced
- $\frac{3}{4}$ cup finely diced red onion
- 2 tablespoons finely diced jalapeño pepper
- $1\frac{1}{2}$ tablespoons fresh lime juice
- 1 tablespoon chopped fresh cilantro leaves plus additional for garnish
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper

Salmon

- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- $\frac{1}{2}$ teaspoon minced garlic
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 pinch ground cayenne pepper
- 4 boneless salmon fillets (about $1\frac{1}{2}$ pounds)
- Lime wedges for garnish

1. Prepare Mango Relish: In medium bowl, combine all ingredients. Refrigerate until ready to serve.

2. Prepare Salmon: Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, whisk together lemon juice, oil, garlic blend, salt, black pepper and cayenne pepper. Coat salmon fillets with oil mixture. Place salmon fillets on hot grill rack. Cook 3 to 5 minutes per side or until fish turns opaque throughout and internal temperature reaches 145° .

3. To serve, place salmon on serving plates and top each with Mango Relish. Garnish with lime wedges and cilantro.

Approximate nutritional values per serving: 312 Calories, 12g Fat (35% of total calories), 2g Saturated Fat (6% of total calories), 75mg Cholesterol, 367mg Sodium, 22g Carbohydrates, 3g Fiber, 30g Protein

Dietary Exchanges: $1\frac{1}{2}$ Starch; 4 Protein; 2 Fat