

# **Jerk Salmon w/ Mango Salsa**

1 lb Salmon (preferably Wild Alaskan)	½ C. Tomato, diced
2 Tbsp. Jerk Seasoning	Juice of ½ of a lime
1 Mango, diced	½ tsp. Salt
½ C. Red Onion, diced	1 Tbsp. Olive Oil
1 Jalapeño, seeded and diced	

Mix diced mango, onion, jalapeño, salt, and lime juice in a small bowl, and set aside. Before preparing the salmon, heat a large skillet over medium-high heat. Make sure there are no pin bones in the salmon, remove skin if desired, and cut into four equal portions (about 4 ounces each). Season both sides liberally with the Jerk seasoning, using as much or as little as you like. Add olive oil to the skillet, and place salmon skin side down. Cook the salmon for about 4 minutes on each side, until just done. Top with mango salsa, and enjoy! I served mine with sauteéd zucchini\*.

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Nutrition Information:

Servings	4
Calories	286
Fat	13.1 g
Cholesterol	80.3 mg
Sodium	445.6 mg
Carbohydrates	12.1g
Fiber	1.2g
Sugars	2.4g
Protein	29.3g

\*Nutrition data does not include sauteéd zucchini.