Grilled Lime Salmon with Avocado Mango Salsa and Coconut Rice

Lime Salmon:

- 4 3-ounce salmon fillets
- 3 tablespoons olive oil
- 3 tablespoons lime juice
- 2 teaspoons lime zest
- 3 garlic cloves, crushed
- Salt and pepper to taste

Coconut Rice:

- 1 1/2 cups coconut water
- 2 cups jasmine rice
- 1/8 teaspoon salt
- 1 1/4 cups canned coconut milk

Avocado Mango Salsa:

- 1 large mango, peeled and diced
- 3/4 cups red bell pepper, chopped
- 1/4 cup fresh cilantro, chopped
- 1/3 cup red onion, chopped
- 1 large avocado, diced
- 1 tablespoon lime juice
- 1 tablespoon olive oil
- 1 tablespoon coconut water
- Salt and pepper to taste

Directions

1. Lime salmon: in an 11 x 7-inch baking dish, whisk together olive oil, lime zest, lime juice, garlic, and season with salt and pepper to taste. Place salmon in baking dish, cover, and marinate in refrigerator for 15 – 30 minutes. Flip salmon to opposite side and marinate additional 15 – 30 minutes. Grilling method: preheat grill to medium-high heat during last 10 minutes of marinating. Brush grill grates with oil. Place salmon on grill and grill about 3 minutes per side or until just cooked through. Baking method: preheat oven to 400°F and bake 20-25 minutes.
2. Coconut rice: prepare while salmon is marinating. In medium saucepan, bring coconut water, coconut milk, rice, and salt to a full boil. Cover and simmer until liquid has been absorbed, about 20 minutes. Fluff with fork and then let rest for 5 minutes.
3. Avocado mango salsa: while salmon is grilling, prepare salsa. In medium bowl, toss together mango, bell pepper, cilantro, red onion, avocado, lime juice, olive oil, and coconut water. Season with salt and pepper to taste.
4. Serving: serve salmon warm with coconut rice and top with avocado mango salsa.

Nutrition Facts

Serving Size (318g)
Servings Per Container 6

Amount Per Serving

Calories 440 Calories from Fat 170

	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 105mg	**4%**
Total Carbohydrate 53g	**18%**
Dietary Fiber 6g	**24%**
Sugars 11g	
Protein 17g	

Vitamin A 30% • Vitamin C 90%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Benteh Nuutah Valley Native Primary Care Center | Wellness Center
(907) 631-7630 | southcentralfoundation.com

Source: cookingclassy.com