

Ingredients

Preparation time: 45 minutes

Servings: 8

For the Salsa Verde:

1 - 12 oz. jar salsa verde
1 cup cilantro, stems and leaves

For the Pico de Gallo:

2 cups tomatoes, chopped
1 cup Maui onion, finely chopped
Juice of 1 lemon
2 cloves garlic, finely diced
¼ cup cilantro, finely diced
1 tsp. salt

For the Salmon:

2 lbs. salmon, either one large piece or cut into serving size pieces

Recipe adapted from:

<http://www.insidethekaganoffkitchen.com/2011/06/26/salmon-with-pico-de-gallo/>

Directions

For the salsa verde: Place the contents of the jar of salsa and the cilantro in a blender and puree until smooth.

For the Pico de Gallo: Place all of the ingredients in a medium bowl and stir to blend.

For the Salmon:

1. Preheat the oven to 400°F
2. Lightly oil a large baking sheet. Place the salmon on the sheet. Put a light layer of olive oil, salt and pepper on the fish.
3. Bake for 20 minutes. Check to see if it is done. You want it just cooked through, not over-baked. It may take an additional five minutes depending on how thick your piece of fish is.
4. Place a piece of salmon on a dinner plate. Using a spoon spread the salsa verde over each piece. Put about 3 tablespoons of pico de gallo on top and serve.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Salmon with Salsa Verde & Pico de Gallo

Amount	1 serving
Calories	270
Fat (g)	11
Sat. Fat (g)	1.5
Carb. (g)	11
Fiber (g)	1
Protein (g)	31
Gluten Free, Dairy Free	

USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD
shawn.hueglin@usoc.org
Liz Broad, PhD, AdvSpDiet
elizabeth.Broad@usoc.org
Alicia Kendig, MS, RD, CSSD
alicia.kendig@usoc.org
Susie Parker-Simmons, MS, M.ed
susie.parkersimmons@usoc.org

Meghan Donovan, MS - Author

Cooking Tip

Serve with a side of our avocado rice to make a complete meal. The salsa verde and pico de gallo can be made up to six hours ahead to save time. The fish may bake quicker than 20 minutes, so check ahead of time to prevent over cooking. Flake any leftover salmon and mix with pico de gallo and salsa for a unique salmon salad that can be eaten as a sandwich or with whole grain crackers.

Performance Facts

Salmon is high in omega-3 fatty acids, which are important for heart and brain health as well as countering inflammation. Tomatoes are rich in lycopene, which has been shown to be protective against a number of cancers. Vitamin C-rich salsa and pico de gallo will enhance iron absorption from the salmon.

