



Marinated Salmon with Mango-Kiwi Salsa

MyPlate2Yours - Lynn Dugan

Ingredients

4, 6 ounce salmon fillets (about 1 inch thick)
1 tablespoon honey
1 tablespoon low sodium soy sauce
1 teaspoon olive oil
1/4 teaspoon black pepper
Salsa:
1/2 cup diced mango (1 small)
1/2 cup diced kiwi (2 whole)
1/4 cup fresh chopped cilantro
1/4 cup orange juice
1 tablespoon fresh lime juice

Directions

Mix honey, soy sauce, oil and pepper in a ziplock bag. Add fish. Marinate for 15-20 minutes. Meanwhile, mix salsa ingredients in a small bowl. Season with salt, to taste. Refrigerate.

Heat a large non-stick skillet on medium high. Cook fish, 5 minutes and flip for an additional 5 minutes, until fish is cooked through.

Serve salmon with salsa on top of each filet. Enjoy!