

salmon with avocado salsa

MAKES 4 servings

RECIPE ADATED FROM: [The Cookie Rookie](#)

COOK TIME: 15-20 minutes

For the salmon:

2 lbs salmon cut into 4 portions

1 Tbsp olive oil

1 tsp sea salt

1 tsp ground cumin

1 tsp paprika powder

1 tsp onion powder

½ tsp ancho chili powder

1 tsp black pepper

For the salsa:

1 avocado cubed

½ red onion sliced or diced (optional)

2 limes juiced

1 Tbsp fresh cilantro chopped

For the salmon:

MIX salt, chili powder, cumin, paprika, onion and black pepper together.

RUB salmon fillets with olive oil and this seasoning mix.

REFRIGERATE for at least 30 minutes.

PRE-HEAT the grill or skillet.

GRILL salmon to desired doneness. Most filets will take 5-8, minutes per side. You can also sauté it in a skillet for about the same time or for a hands off approach, bake for 12-15 minutes in a 400°F oven.

For the salsa:

COMBINE avocado, onion, cilantro, and lime juice in a bowl and mix well.

CHILL until ready to use.

TOP cooked salmon with avocado salsa.

MAKE IT A MEAL: pair with non-starchy vegetable(s) and nutrient dense carbohydrate of choice.

