

Salmon with Citrus Salsa

1 tablespoon olive oil, divided
2 (6oz) salmon fillets, skin removed
½ teaspoon salt
¼ teaspoon black pepper
½ cup grapefruit sections
½ cup orange sections
¼ cup onion, thinly sliced
¼ cup parsley and/or cilantro, chopped
1 ½ tablespoons fresh lime juice



1. Combine 2 teaspoons oil, ¼ teaspoon salt, grapefruit, oranges, onion and parsley in a bowl. Toss to coat fruit evenly. Set aside.
2. Heat a non-stick pan over medium heat. Add 1 teaspoon oil to pan, swirl to coat bottom. Sprinkle fillets with ¼ teaspoon salt and pepper. Place fillets in pan; cook 4 minutes on each side or until done.
3. Place salmon fillet on plate and top with one-half of citrus salsa before serving with Cheesy Zucchini Bake.

Yields 2 servings