

Carmelized Salmon with Cherry Salsa

Ingredients

- 1 1/2 pounds fresh or frozen salmon filet with skin
- 3 tablespoons brown sugar
- 1 tablespoon grated orange peel
- 1/2 teaspoon coarsely ground pepper
- 1 ripe mango or papaya, seeded, peeled and chopped
- 1 cup frozen tart cherries, thawed, drained and halved
- 2 tablespoons chopped fresh mint, basil or cilantro
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon crushed red pepper

Directions

Thaw fish, if frozen. Stir together brown sugar, orange peel and pepper. Place fish, skin side down, in a shallow pan. Rub sugar mixture over fish. Cover and refrigerate 2 to 8 hours. Remove fish from pan, draining off any juices. Place salmon, skin-side down, on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium-hot coals. Grill for 20 to 25 minutes, or until fish flakes easily. Do not turn fish. Meanwhile, toss together mango or papaya, cherries, mint, vinegar and red pepper. Spoon fruit salsa over warm fish. Serve immediately.

Makes 4

Nutrition Info

Nutrition Facts per serving: 367 cal., 13 g total fat (3 g sat. fat), 24 g carbo., 87 mg chol., 37 g pro., 2 g fiber, 93 mg sodium. Daily RDA values: 25% vit. A, 35% vit. C, 4% calcium, 8% iron.

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