



### *Pacific Coast Salmon*

Fresh salmon flown in from Alaska, from the Copper River, brings spring to me. Packed with omega-3s, this rich salmon is deep red in color. Fresh ginger and fresh garlic add to the flavor mix.

#### *Ingredients:*

- 1 lb. salmon
- 2 Tablespoons Agave Nectar
- 2 Tablespoons Olive Oil + 2 Tablespoons for frying
- 2 Tablespoons Tamari (can substitute Soy Sauce if needed)
- 2 Tablespoons Balsamic Vinegar
- 1 teaspoon fresh ginger, chopped
- 2 medium cloves garlic, chopped

Mix all ingredients. (Check fish for bones). De-skin salmon (many butchers will do this for you at the store). Marinate fish for 20 – 30 minutes. Remove fish from marinade but do not discard marinade. Add olive oil to skillet, fry for 4 – 8 minutes each side, turning once. Test for doneness by flaking the center with a fork. If opaque throughout, then the fish is done. (If not done, put a lid on the pan and simmer.) Do not overcook. Remove fish from skillet, add rest of marinade back to the skillet and bring to a low boil. Cook until the volume is reduced by half. Serve as sauce over fish.

Serves 4. One serving has 318 calories, 24 gm. Protein, 10 gm. Carbohydrate, 20 gm. Fat and 340 mg. sodium.

### ***Mango Salsa***

The origin of this recipe is bit funny. I had made Pacific Coast Salmon, and my son's friends were stopping by, as it seems they did every time I make fish. There were too many people for the fish I had made and I needed a quick meal extender for these hungry teens. I chopped up a few ingredients I had on hand, and it was a big hit. The freshness of the ingredients adds a pop of brightness to the meal. For additional zing, add 1 small Serrano pepper, chopped finely.

#### ***Ingredients:***

1 mango, peeled, chopped or mango pieces from Dole Naturals

1 cucumber, peeled, chopped

6 scallions, chopped (tip: rinse and cut with kitchen scissors)

1 avocado, peeled, chopped

½ lime

Mix first 4 ingredients. Squeeze lime juice over mixture, stir gently.

Serves 6. One serving has 71 calories, 1 gm. Protein, 9 gm. Carbohydrate, 4 gm. Fat and 5 mg. sodium.

### ***Cilantro Lime Rice***

I like the freshness of the lime and cilantro; it is a bright taste that reminds me of summer! Cilantro is healthy for you too, with many anti-oxidants and minerals. This is one "green" leaf that nearly everyone loves! Eat your vegetables!

#### ***Ingredients:***

2 cups rice (suggest jasmine; mix white and brown jasmine; soak for at least two hours)

3 cups water

1 teaspoon salt

one lime

½ bunch cilantro, rinsed, chopped

Put water and salt into large pot, bring to a boil. Add rice, cover and bring to a boil again. Reduce heat, simmer for 20 minutes. Drain any remaining water, and remove from heat, and cover the pot, set aside for 10 minutes. Roll lime on counter, squeezing slightly. Cut lime in half and squeeze juice into bowl; remove seeds. When rice has completed cooking, add lime juice and cilantro, stir well. You do not want to add the cilantro early as it will wilt.

Serves 8. One serving has 163 calories, 3 gm. Protein, 35 gm. Carbohydrate, 0 gm. Fat and 140 mg. sodium.