

ROASTED SALMON WITH AVOCADO SALSA

Serves 4 / Prep time: 15 minutes / Cook time: 12 minutes

A simple fresh salsa is often the best topping for a juicy piece of fish, and creamy avocados are a perfect choice for the base. Take the salsa ingredients out of the refrigerator an hour or so before serving the fish so they come to room temperature. The taste of the avocado will be much stronger than when this fruit is completely chilled. You can also grill the salmon for this recipe—this fish holds up well under higher heat and does not dry out.

FOR THE SALSA

- 1 avocado, peeled, pitted, and diced
- 1 scallion, white and green parts, chopped
- ½ cup halved cherry tomatoes
- Juice of 1 lemon
- Zest of 1 lemon

FOR THE FISH

- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon onion powder
- ¼ teaspoon sea salt
- Pinch freshly ground black pepper
- Pinch cayenne pepper
- 4 (4-ounce) boneless, skinless salmon fillets
- 2 tablespoons olive oil

TO MAKE THE SALSA

1. In a small bowl, stir together the avocado, scallion, tomatoes, lemon juice, and lemon zest until mixed.
2. Set aside.

KETO QUOTIENT
 DAIRY FREE
 GLUTEN FREE
 NUT FREE
 UNDER 30 MINUTES



TO MAKE THE FISH

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil and set aside.
2. In a small bowl, stir together the cumin, coriander, onion powder, salt, black pepper, and cayenne until well mixed.
3. Rub the salmon fillets with the spice mix and place them on the baking sheet.
4. Drizzle the fillets with the olive oil and roast the fish until it is just cooked through, about 15 minutes.
5. Serve the salmon topped with the avocado salsa.

PER SERVING Calories: 320; Fat: 26g; Protein: 22g; Carbs: 4g; Fiber: 3g;
Net Carbs: 1g; Fat 69%/Protein 26%/Carbs 5%