

Grilled Salmon with Orange Mint Salsa

Serves 2

1 1/2 tbsp olive or rice bran oil
Sea salt and pepper
1 tsp lime juice
2 4oz fillet (preferably with skin)

Orange Mint Salsa

2 tbsp olive oil
4 tbsp chopped white onion (about 1/2-inch pieces)
1/2 tsp red chili pepper flakes (optional)
2 oranges
3 tbsp finely chopped fresh mint
Juice of 2 limes (3 tbsp)
1 tsp raw honey
1/2 – 3/4 cup sauerkraut, drained and chopped
Sea salt and pepper to taste

To make the salsa: Put a small skillet or shallow saucepan on the stove on medium-high heat. Add the olive oil and onions and sauté until the onions are translucent. Add the red chili pepper flakes and stir. Meanwhile, peel the oranges and pull into wedges. Cut each wedge into four pieces. Add the orange pieces and mint. Heat through. Remove from the stove and add the lime juice, honey and sauerkraut and mixed well. Season with sea salt and pepper. Set aside until ready to serve.

To grill the salmon: Pre-heat the grill on medium-high heat. Mix the olive oil, lime juice and sea salt and pepper together. Brush the grill with some of the olive oil mixture. Put the salmon fillets onto the grill. Brush the top of each fillet with the olive oil mixture. Grill on each side for 3-4 minutes or until salmon easily flakes with a fork. Remove for the grill and serve with the orange mint salsa.

To complete the meal: Serve with 1 cup cooked brown rice and 2 cups steamed vegetables per serving. Use some of the salsa to mix in with the vegetables and rice and the rest goes on the salmon.

Note: If using a two-sided electric grill (has a top grill and a bottom grill), brush the salmon fillets with the olive oil mixture on both sides. Grill for 3-4 minutes. Salmon can also be baked in the oven in a dish at 350 degrees F for 20 minutes or until salmon flakes with a fork. Again, brush the salmon top and bottom with the olive oil mixture before putting the salmon in the oven.

