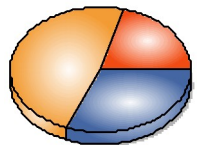




Spanish Salmon with Roasted Red Pepper Coulis

Recipe grams: 837.12g/29.5oz

Serves 2 418.56g/14.8oz per serving



Protein: 33%
Carbohydrates: 18%
Fat: 49%

INGREDIENTS

2 large RED PEPPER, SWEET, RAW, 2.25/pound, 3.75" long, 3" dia
1 tbsp LIME JUICE, UNSWEETENED, can or bottled
2 cloves GARLIC, RAW
1/8 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
10 oz SALMON, ATLANTIC, FARMED, RAW
3 cloves GARLIC, RAW
1/2 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
2 tsp OLIVE OIL, EXTRA VIRGIN
1 tsp SALT, TABLE
3 cup CLASSIC ROMAINE SALAD MIX

DIRECTIONS

Preheat broiler. Cut tops and bottoms off of peppers and remove seeds. Cut each into 3-4 flat pieces. Place pieces on a cookie sheet covered with aluminum foil. Place under broiler and allow peppers to begin to turn black. Close oven door and allow skin of peppers to blacken further. Remove from oven and place peppers immediately in a brown paper sack. Close sack and allow them to sit for 15 minutes.

Set oven to 450 degrees. In a food processor or blender, process 3 cloves of garlic until finely ground. Add 1/2 cup cilantro and process for a few seconds more. Drizzle in the olive oil while processing until a paste is formed. Add salt and process a few seconds more. Lay salmon on the aluminum used to roast the peppers. Coat the surface with the paste. Seal the salmon in the foil and place in the oven for 25 minutes, or until fish flakes.

Just before the salmon is finished, take the peppers out of the paper bag. Remove the charred skins and discard. Place the peppers in the food processor, add the lime juice, garlic, cilantro and salt. Process until smooth. Adjust salt to taste.

Remove salmon from the oven, cut into two pieces. Place on the center of a bed of mixed greens. Top with the coulis.

Nutrition Facts

Serving Size: 1 serving (418.6g)

Servings: 1

Amount Per Serving

Calories 370 Calories from Fat 190

% Daily Value*

Total Fat 21g **30%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 85mg **30%**

Sodium 1280mg **50%**

Total Carbohydrate 17g **6%**

Dietary Fiber 5g **20%**

Sugars 9g

Protein 31g

Vitamin A 180%

• Vitamin C 570%

Calcium 8%

• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.