

RECIPE

Grilled Salmon & Mango Salsa

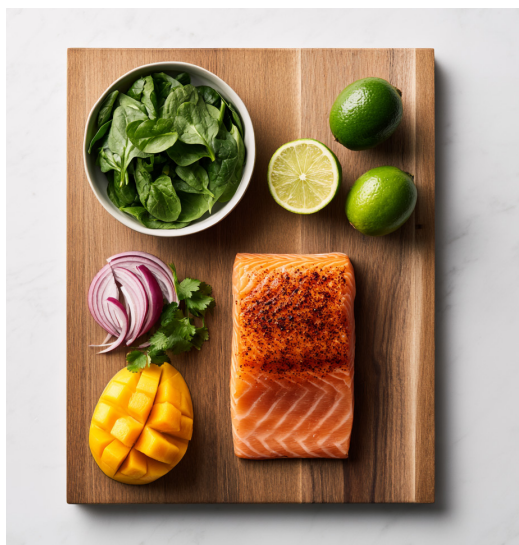
🕒 25 minutes / 2 servings

THIS DISH IS EASY ENOUGH

for a weeknight, but still feels like something special. A simple, smoky spice rub gives this salmon extra flavor, while mango salsa on the side adds a tangy, tropical twist.

INGREDIENTS

- 1 12 oz salmon (or 8 oz tofu)
- juice of 1 lime
- ½ tsp garlic powder
- ¼ tsp smoked paprika
- salt and pepper to taste
- 2 cups spinach
- 1 garlic clove, minced
- 2 tsp olive oil
- 1 cup mango salsa (mango, red onion, lime juice, cilantro)
- 2 corn tortillas
- 2 lime wedges
- hot sauce (optional)



INSTRUCTIONS

- 1 **SEASON** the salmon or tofu with lime, garlic powder, paprika, salt, and pepper. Grill until cooked through.
- 2 **SAUTE** the spinach with garlic and olive oil until wilted.
- 3 **DIVIDE** the spinach between plates, top with grilled salmon or tofu and mango salsa.
- 4 **WARM** the tortillas by heating each side in a dry skillet for 15-30 seconds.
- 4 **SERVE** with lime wedges and hot sauce if desired.

NUTRITIONAL INFO PER SERVING

CALORIES

405

PROTEIN

41 g

FIBER

3 g