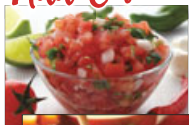




Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Add Color and Flavor for Better Nutrition!



So much about food and nutrition is about what we need to limit or take away, but we should be focusing on what to add! Choosing meals that are high in good nutrients and finding ways to add another serving of fruits or vegetables is ideal. Rather than focusing on what you can't or shouldn't have, find ways to make what you can more exciting! A fresh variety of foods and flavors can make eating an elevated experience, rather than being deprived. This salmon with a new combination of salsa ingredients looks and tastes amazing! It loads your meal with heart-healthy Omega-3 fats, and other nutrients along with hydration from the watermelon. Why not add some colorful flavor to your next meal?

## Broiled Salmon with Watermelon Avocado Salsa

### Ingredients:

- 1 cup watermelon juice\*
- 4 salmon filets, about 6 ozs. each
- 1 Tbsp. canola oil
- 2 Tbsps. agave
- 2 Tbsps. soy sauce
- 1 garlic clove, grated
- Salt and pepper to taste
- 1 cup seedless watermelon, diced
- 2 large avocados, diced
- 1/4 cup chopped cilantro leaves
- 3 green onions chopped
- 2 Tbsps. lime juice
- 1/2 cup crumbled queso fresco
- 1 small jalapeño, seeds removed, diced
- Dash salt to taste



\* TO MAKE YOUR OWN WATERMELON JUICE, PUT 2 CUPS CUBED SEEDLESS WATERMELON IN A FOOD PROCESSOR AND PULSE UNTIL SMOOTH. POUR THE PUREE THROUGH A FINE MESH SIEVE, PRESSING THE JUICE THROUGH WITH A SPOON OR SPATULA. THIS SHOULD YIELD ABOUT 1 CUP OF JUICE.

### Directions:

1. In a medium bowl, combine the lime juice, jalapeño, green onions, and cilantro leaves. Whisk to combine, then add the watermelon and avocados to the bowl. Top with crumbled queso fresco. Season to taste with salt and gently toss to combine.
2. Preheat the broiler and move a rack to the upper third of the oven.
3. Combine the watermelon juice, agave, soy sauce and garlic in a liquid measuring cup and set aside.
4. Heat the canola oil in a large, oven-proof, nonstick skillet over medium high heat. Add the salmon and cook for 2-3 minutes, then flip and repeat on the second side.
5. Add the watermelon juice mixture to the pan and bring to a simmer. Cook for 1-2 minutes or until the liquid has reduced slightly. Turn the salmon to coat it with the sauce, then transfer the pan to the oven. Broil for 2-3 minutes or until the salmon begins to get slightly crisp and brown on top.
6. Season to taste with salt and pepper, then transfer to a serving platter. Top with the salsa and additional glaze from the pan. Serve immediately.

Recipe and image courtesy of Watermelon.org.