

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Chili Rubbed Salmon with Avocado Salsa

This salmon recipe is sure to be a hit with everyone at your table. It is mildly spicy with a hint of sweetness.

<b>Recipe Name:</b>	Chili Rubbed Salmon with Avocado Salsa
<b>Recipe By:</b>	Adapted from Tasty Kitchen by Antonia Harvey, RD ( <a href="http://tastykitchen.com/recipes/main-courses/chili-rubbed-salmon-with-avocado-salsa/">http://tastykitchen.com/recipes/main-courses/chili-rubbed-salmon-with-avocado-salsa/</a> )
<b>Short description of recipe:</b>	Leftovers are great on a salad the next day.
<b>Makes</b>	4 servings (1 fillet per serving)
<b>Ingredients:</b>	<p style="text-align: center;"><b>Chili Rubbed Salmon</b></p> <p style="text-align: center;">4 salmon fillets (individual serving size) ½ teaspoon olive oil 1 ½ tablespoons brown sugar ¾ tablespoon chili powder ½ teaspoon cumin ½ teaspoon black pepper</p> <p style="text-align: center;"><b>Avocado Salsa</b></p> <p style="text-align: center;">2 ripe avocados, peeled, pitted, and diced 2 small tomatoes, seeded and diced OR 1 cup cherry tomatoes, halved 1 lime, juiced ¼ teaspoon black pepper</p>
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Preheat the oven to 400°F (205°C).</li><li>2. Line a baking tray with aluminum foil or parchment paper. Place the salmon fillets on the prepared baking tray. Brush the fillets with the olive oil.</li><li>3. Combine the brown sugar, chili powder, cumin, and black pepper in a small bowl. Rub into the fillets.</li><li>4. Bake the salmon for 15 to 20 minutes, or until it is opaque and flakes easily with a fork.</li><li>5. While the salmon is baking, combine all the salsa ingredients in a small bowl.</li><li>6. Serve the salmon topped with the salsa. Serve alongside your favourite vegetables and some roasted potatoes or brown rice for a complete meal.</li></ol>