

Hi folks! This is absolutely tasty served hot or even cool. Try it and tell me what you think.  
Bon appétit!

## Salmon with Summer Tomato Salsa

*40 Minutes to Prepare and Cook*

### Ingredients

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4 (4 ounce) fillets salmon, skin removed  
1 cup chopped fresh tomato  
1/2 Hass avocado, chopped  
1 garlic clove, crushed  
1 Tbsp balsamic vinegar  
1 tsp olive oil  
1/2 cup cooked corn kernels  
1/4 cup minced red onion  
1/4 cup chopped fresh cilantro  
salt and pepper, to taste  
1 lime, cut in wedges

### Directions

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1. Preheat oven to 325 degrees.
2. Combine all [ingredients](#) (except salmon fillets and lime) in small bowl and refrigerate for 30 minutes.
3. Bake salmon for 15-20 minutes, or until cooked thoroughly.
4. Serve salmon surrounded by the salsa and lime wedges.

Can serve salmon either hot or cool -- Serving cool salmon with salsa is a great summer recipe; just refrigerate until cool

\*\*makes 4 4-oz fillets

Nutritional Info:

- Servings Per Recipe: 4
- Amount Per Serving
- Calories: 253.5
- Total Fat: 9.9 g
- Cholesterol: 75.9 mg
- Sodium: 187.9 mg
- Total Carbs: 11.2 g
- Dietary Fiber: 3.0 g
- Protein: 30.6 g