

# Salmon with Radish-Cucumber Salsa

PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES

Salmon is often on the top of many healthy diet lists, because it is a nutrition superstar. This delicious popular fish is exceptionally high in omega-3 fatty acids, protein, B vitamins, potassium, and selenium. Eating salmon regularly can reduce your risk of cardiovascular disease, support brain health, and boost the immune system.

UNDER  
30 MINUTES

DAIRY-FREE

**8 radishes, diced**

**1 cup diced English cucumber**

**1 yellow bell pepper, diced**

**1 scallion, white and green parts, finely chopped**

**2 teaspoons chopped fresh cilantro**

**1 teaspoon freshly squeezed lime juice**

**Sea salt**

**Freshly ground black pepper**

**2 (5-ounce) salmon fillets**

**Nonstick olive oil cooking spray**

## *To make the salsa*

1. In a small bowl, combine the radishes, cucumbers, bell pepper, scallion, cilantro, and lime juice. Season with salt and pepper.
2. Set aside.

## *To make the salmon*

1. Season the salmon with salt and pepper.
2. Generously coat a medium skillet with cooking spray and heat over medium-high heat.
3. Add the salmon and cook until it is just cooked through, turning once, about 6 minutes per side.
4. Serve topped with the salsa.

**PER SERVING:** Calories: 289; Total fat: 15g; Saturated fat: 3g; Cholesterol: 81mg; Sodium: 92mg; Total carbs: 9g; Fiber: 2g; Sugar: 5g; Protein: 29g