

Grilled Salmon with Avocado Salsa

- 2 lbs. salmon cut into 3-ounce portions
- 3 tablespoon extra-virgin olive oil
- 1 teaspoon Himalayan sea salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika powder
- 1 teaspoon onion powder
- 1/2 teaspoon ancho chili powder
- 1 teaspoon black pepper

For the Avocado Salsa:

- 1 avocado cubed
- 1/2 red onion sliced or diced
- 2 limes juiced
- 1 tablespoon fresh cilantro chopped



1. Mix the salt, chili powder, cumin, paprika, onion and black pepper together, rub the salmon fillets with olive oil and this seasoning mix. Refrigerate for at least 30 minutes.

2. Pre-heat the grill. Combine the avocado, onion, cilantro, and lime juice in a bowl and mix well, chill until ready to use. Grill the salmon to desired doneness. Top with avocado salsa and enjoy!

Makes 4 servings.

Serving Size = 3 ounces of salmon and 1/8 avocado salsa

Enjoy with 1 cup of on plan fruit and 2 servings of vegetables to complete the meal.

