

## **Pan-Seared Salmon with Strawberry Salsa**

In strawberry season, top heart-healthy salmon with a sweet strawberry *pico de gallo*-style salsa for a nutritious, satisfying meal.

Serves 4

Prep time: 25 minutes

- 1 8-ounce container strawberries, tops removed, chopped
- 2 scallions (green and white parts), thinly sliced
- 2 tablespoons chopped fresh cilantro
- Juice of 1 lime
- 1 small jalapeno pepper, seeded and finely chopped (optional)
- Salt and freshly ground pepper
- 4 small salmon filets (with or without skin, about 1 1/3 pounds total)
- 2 teaspoons olive oil

Stir the strawberries, scallions, cilantro, lime juice, and jalapeno (if using) together in a small mixing bowl, and season to taste with salt and pepper. Set aside.

Heat a large nonstick skillet over medium-high heat. Pat the salmon dry with paper towels, then rub fish on both sides with the oil and season with salt and pepper. When the pan is hot, add the salmon, skin side-up if applicable. Cook for 3 to 4 minutes, or until the salmon is nicely browned. Gently flip the fish over and cook another 3 to 5 minutes, depending on the thickness of your filets, until cooked through. (As a general rule, fish takes about 10 minutes to cook (total) per inch of thickness.)

Transfer the fish to a serving plate, and top with the salsa. Serve immediately.