



Pan Seared Salmon with Grapefruit Salsa

Salmon with sweet, salty and spicy salsa

Yield: 6

- 2 lb Fresh Grapefruit
- 2 oz Pitted Green Olives, Sliced
- 2 tbsp Dark Brown Sugar
- 1/2 tsp Crushed Red Pepper
- 1/4 cup Parsley, Chopped
- 1/2 cup Green Onions, Sliced
- 1/8 tsp Kosher Salt
- 1/8 tsp Ground Black Pepper
- 6 each Wild Salmon Loin, 4 oz
- 1/3 tsp Kosher Salt
- 1/8 tsp Ground Black Pepper
- 1 tbsp Olive Oil



Peel grapefruit and section, catching juices as you cut. For every pound of grapefruit, you should have about 1/4 cup of juice. Place juice in a pot and add sliced olives, sugar and crushed red peppers. Bring to a boil and simmer until reduced by half and syrupy; about 5-15 minutes depending on volume being cooked. Remove from heat and cool. Cut grapefruit sections into thirds and place in a bowl. If lots of juice in bowl, strain and add the sauce in pot and reduce further. Add parsley, green onions, salt and freshly ground black peppers to bowl. Pour cooled syrup and toss lightly, don't mash the grapefruit. Let sit for 30 minutes for flavors to blend.

Season each fillet with salt and freshly ground black pepper. In a medium hot pan, drizzle oil and pan sear fish 2 minutes on each side until cooked through.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
247.9	23.4	12.2	11.7	62.8	319.6	1.7	1.5