

Foods for Vibrant Health

Airing on WLAQ, 1410 AM • Saturdays 9:30-10:00 a.m.



Cherokee
Herb Shop

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Salmon Recipe

Show #5

Grilled Salmon with Spicy Mango Salsa

4 salmon fillets - Alaskan Wild Caught
Olive oil to coat
Salmon or Seafood Grilling Seasoning*

Spicy Mango Salsa

1 mango, diced
¼ fresh pineapple, diced or 1 small can diced pineapple
2 medium tomatoes, diced
½ red onion, diced
1 large or 2 medium garlic cloves, minced
hand-full of fresh cilantro, chopped fine
2 Tblsps. fresh squeezed orange juice
2 Tblsps. fresh squeezed lime juice
sprinkle of tumeric or cumin
1 small jalapeno pepper, seeds removed, finely diced
Sea Salt and pepper to taste

Coat salmon fillets with olive oil. Sprinkle with seafood grilling seasoning. Grill until salmon flakes with a fork. (if salmon has skin, remove before serving).

Mix salsa ingredients together and spoon on top of salmon right before serving. Salsa can also be served alone with tortilla chips, if you have any leftover.

*We suggest “grilling” seasoning if you are grilling on an outdoor grill. The spices in the seasoning can take the high temperatures.