



THE UNDERWEAR GOURMET

Entree

Citrus Salmon with Orange Relish



Fresh oranges and ground ginger pair to make a bold and nutrient-packed accompaniment to rich salmon fillets. Serve the antioxidant-rich relish with any kind of fish, or with shrimp or scallops.

Makes 4 servings.
Prep Time: 20 minutes
Refrigerate Time: 30 minutes
Cook Time: 16 minutes

Ingredients:

Citrus Salmon:

1/4 cup orange juice
2 tablespoons olive oil
1 1/2 teaspoons McCormick® Thyme Leaves, divided
4 salmon fillets (about 1 pound)
1 tablespoon brown sugar
1 teaspoon McCormick® Paprika
1/2 teaspoon salt

Orange Relish:

1/2 teaspoon grated orange peel
2 seedless oranges, peeled, sectioned and cut into 1/2-inch pieces
2 tablespoons chopped red bell pepper
1 tablespoon honey
1 tablespoon chopped red onion
1 tablespoon chopped fresh parsley
1/2 teaspoon McCormick® Ginger, Ground

Procedure:

1. For the Salmon, mix orange juice, oil and 1 teaspoon of the thyme in small bowl. Place salmon in large resealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 30 minutes or longer for extra flavor. For the Relish, mix all ingredients in medium bowl. Cover. Refrigerate until ready to serve.
2. Preheat oven to 400°F. Mix brown sugar, paprika, remaining 1/2 teaspoon thyme and salt in small bowl. Remove salmon from marinade. Discard any remaining marinade. Rub salmon evenly with paprika mixture. Place salmon on foil-lined baking pan.
3. Bake 10 to 15 minutes or until fish flakes easily with a fork. Or, grill salmon over medium-high heat 6 to 8 minutes per side or until fish flakes easily with a fork. Serve salmon with Orange Relish.

Nutrition Information:

per serving
Calories: 283
Fat: 11 g
Carbohydrates: 21 g
Cholesterol: 62 mg
Sodium: 354 mg
Fiber: 3 g
Protein: 25 g