

# Pan Seared Salmon with Grapefruit Salsa

(Serves 4 - Portion size: 1 fillet, 1/2 cup salsa)

## Ingredients:

- 2 cups chopped fresh grapefruit
- 3-4 pitted green olives, sliced
- 2 Tablespoons brown sugar
- 1/2 teaspoon crushed red pepper
- 1/4 cup fresh chopped parsley
- 1/2 cup sliced green onion
- Salt and pepper to taste
- 4 each, 4-oz. salmon loin fillets (wild or frozen)
- Salt and pepper to taste
- 1 Tablespoon olive oil

## Directions:

1. Combine first seven ingredients in small bowl and set aside.
2. Season each fillet with salt and freshly ground black pepper.
3. In a medium hot pan, drizzle oil and pan sear fish 2-3 minutes on each side until cooked through. Serve with salsa.



### Nutrition Facts:

(6 oz. portion)  
Calories: 250  
Total Fat: 12 g  
Carbohydrates: 12 g  
Protein: 23 g  
Sodium: 320 m

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