



ingredients (Servings: Serves 4)

1/2 cucumber, peeled, halved, lengthwise, seeded, halved lengthwise again, and thinly sliced crosswise

1 cup cherry tomatoes, quartered

1/2 yellow or orange bell pepper, seeded and cut into 1-inch julienne

2 Tablespoons chopped shallot or red onion

1 Tablespoon chopped fresh cilantro (fresh coriander) plus sprigs for garnish

1 Tablespoon lime juice

1-1/2 teaspoons canola oil

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1 teaspoon honey

1/2 teaspoon red pepper flakes

1 teaspoon salt

4 salmon fillets, each 5 oz., about 1 inch thick

1/4 teaspoon freshly ground black pepper

Lime wedges for garnish

directions

step 1: In a bowl, combine the cucumber, tomatoes, bell pepper, shallot, and chopped cilantro. Toss gently to mix.

step 2: In a small bowl, whisk together the lime juice, 1 teaspoon of the canola oil, the honey, red pepper flakes, and 1/2 teaspoon of the salt. Pour the lime mixture over the cucumber mixture and toss gently to mix and coat evenly. Set aside.

step 3: Sprinkle the salmon fillets on both sides with the remaining 1/2 teaspoon salt and the black pepper. In a large nonstick frying pan, heat the remaining 1/2 teaspoon

canola oil over medium-high heat. Add the fish to the pan and cook, turning once, until opaque throughout when tested with the tip of a knife, 4-5 minutes on each side.

step 4: Transfer the salmon fillets to warmed individual plates and top each with one-fourth of the salsa. Garnish the plates with the cilantro sprigs and lime wedges. Serve immediately.

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