Salmon with Orange-Kiwi Salsa

4 servings

Salsa Recipe:

1-1/2 c. orange pieces, chopped
1 c. peeled kiwifruit, chopped
1/4 c. red onion, chopped
2 Tbs. honey
1 jalapeno pepper, seeded and diced (opt)

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INGREDIENTS

1/4 c. dry white wine or water
1/2 c. fresh orange juice
2 garlic cloves, minced
1/2 tsp. dry dill weed
1/2 tsp. salt
4 salmon fillets, about 2 inches thick

DIRECTIONS

1. In a large zip-top bag, combine wine or water, orange juice, garlic, dill, salt, and salmon. Seal bag and turn to coat; refrigerate for 2 hours.
2. In a bowl, combine salsa ingredients (top of page). Cover and refrigerate until serving.
3. Preheat oven to 400 degrees. Drain fish marinade into a saucepan. Bring to a boil; boil for 1 minute.
4. Place salmon in a baking dish. Pour marinade over salmon. Cover with foil and bake for 18-20 minutes (10-12 minutes if fish is 1-inch thick), or until fish flakes easily with a fork. Serve with salsa.

NOTES

While fish is baking, in the same 400 degree oven you could roast broccoli tossed with 2 Tbs. oil, 2 tsp. minced garlic, 1/2 c. chopped walnuts, salt & pepper on a sheet pan. Squeeze on lemon juice at the end, if desired.