

Mango Pistachio Salmon Salad

Total Time: 30 minutes

Ingredients:

2 mangoes, peeled and cubed	1 lime, juiced and zested
1/2 cup fresh pineapple, chopped	1/2 cup fresh mint, chopped
1 pound salmon fillets	1 pound mixed greens
3 tablespoons olive oil, divided	1 tablespoon white balsamic vinegar
1/2 English cucumber, seeded, chopped	
1/2 cup pistachios, shelled, chopped	
sea salt and freshly cracked pepper	

Directions:

1. In a bowl, mix mangos, salt, pepper, lime juice, lime zest, pineapple, mint, cucumbers, 1 tbsp. olive oil, white balsamic vinegar and nuts. Set aside.
2. In a skillet, cook salmon in olive oil until done. Place salmon on mixed greens and ladle fruit salsa on top.

Nutrition per Serving: total calories 565; total fat 33g; saturated fat 6g; cholesterol 62mg; sodium 107mg; total carbohydrate 42g; dietary fiber 8g; sugar 29g; protein 30g