



USOC
SPORTS NUTRITION

Weekly Recipe:

Salmon with Salsa Verde and Pico de Gallo

It's a great time to use up tomatoes from the garden or your local farmer's market! A homemade pico de gallo is delicious but can be seem time consuming after a long day. You can always take a short cut and buy a fresh pre-made pico de gallo at the store. Pico de gallo made with fruit are also delicious when paired with salmon, consider peach, pineapple, or mango pico de gallo. Your salmon could cook quicker than the 20 minutes listed in the recipe. Depending on the size and thickness of your filet, check your salmon ahead of time to prevent over cooking. If you prefer other fish than salmon, experiment with other types of fish such as halibut, bluefin tuna, grey mullet, herring, or mackerel. This salmon is delicious served over mixed greens or spinach. Add a side of grilled vegetables or beans for a Mexican themed meal.

Ingredients:

Yield: 6 generous servings

For the Salsa Verde:

One 12 oz jar salsa verde
1 cup cilantro, stems and leaves

For the Pico de Gallo:

2 cups tomatoes (small tomatoes have more flavor), chopped
1 cup Maui onion, finely chopped
Juice of 1 Meyer lemon
2 cloves garlic, finely diced
¼ cup cilantro, finely diced
1 teaspoon salt

For the Salmon:

2 lbs. salmon, either one large piece or cut into serving size pieces

Directions:

For the salsa verde:

1. Place the contents of the jar of salsa and the cilantro in a blender
2. Puree until smooth
3. Set aside

For the Pico de Gallo:

1. Place all of the ingredients in a medium bowl, stir to blend and set aside.

For the Salmon:

1. Preheat the oven to 400°F
2. Lightly oil a large baking sheet. Place the salmon on the sheet. Using a basting brush put a light layer of olive oil on the fish. Generously salt and pepper the fish.
3. Bake the fish for 20 minutes. Check to see if it is done. You want it just cooked through, not over baked. It may take an additional five minutes depending on how thick your piece of fish is and how cold it was when it was placed in the oven.
4. Place a piece of salmon on a dinner plate. Using a spoon spread the salsa verde over each piece. Put approximately 3 tablespoons of pico de gallo on top of that (don't skimp!) and serve.

***Tip:** this dish is good cold as well as hot. The fish can be cooked the day before. The salsa verde and pico de gallo can be prepped up to six hours ahead. Bring the fish to room temperature and serve.

Recipe adapted from <http://www.insidethekaganoffkitchen.com/2011/06/26/salmon-with-pico-de-gallo/>



Salmon with Salsa Verde & Pico de Gallo

Amount	1 serving
Calories	270
Fat (g)	11
Sat. Fat (g)	1.5
Carb. (g)	11
Fiber (g)	1
Protein (g)	31

Gluten free, Dairy free.

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Salmon is high in omega-3 fatty acids, which are important for preventing heart disease and countering inflammation. Three ounce of salmon provides 25% the daily recommendation of calcium. Salmon is also a good source of magnesium, which plays a role in muscle contraction, and helps the cells to utilize carbohydrates, fats, and protein. Compared to other types of fish, salmon contains the highest amount of vitamin D. A 3.5 ounce filet of cooked salmon contains a day's adequate intake of vitamin D. Tomatoes are rich in vitamin A and C and a good source of potassium. Following exercise, tomatoes are a great food for athletes to consume as they aid in muscle recovery and return of blood glucose levels to normal.

