



Spice-Crusted Salmon with Lime-Orange Salsa

In this salsa, citrus shows its two sides, the sweetness of the oranges contrasting with the tartness of lime juice. Chipotle peppers contribute a dark, distinctive heat.

Ingredients:

Salsa

- 4 navel oranges
- 1 small red onion, finely chopped
- ¼ cup lime juice
- ¼ cup chopped fresh cilantro
- 1 tablespoon minced chipotle peppers
- 1 clove garlic, minced
- Salt & freshly ground pepper, to taste

Salmon & Spice Crust

- 1 tablespoon coriander seeds, crushed
- 1 tablespoon cumin seeds
- ½ tablespoon black peppercorns
- 1 teaspoon kosher salt
- 1 pound salmon fillet, skin removed, cut into 4 portions

Directions:

- To make salsa: With a sharp knife, remove skin and white pith from oranges and discard. Working over a medium bowl to catch the juice, cut the orange segments from their surrounding membrane, letting the segments fall into the bowl. Add onion, lime juice, cilantro, chipotle peppers and garlic. Stir to combine. Season with salt and pepper.
- To make salmon: Heat a small skillet over medium heat. Add coriander and cumin; toast, stirring constantly, until aromatic, 2 to 3 minutes. Let cool and transfer to a spice mill or mortar and pestle. Add peppercorns to the mill and coarsely grind all the spices. Stir in salt.
- Preheat grill or broiler. Coat salmon with the spice mixture. Grill or broil on a lightly oiled rack until the fish is opaque in the center, about 5 minutes per side. Serve with the salsa.

Yield: 4 servings

Nutritional Information: 302 Calories; 13 g Fat; 3 g Sat; 5 g Mono; 67 mg Cholesterol; 23g Carbohydrates; 25 g Protein; 4 g Fiber; 430 mg Sodium; 740 mg Potassium

Recipe Source: EatingWell.com, January/February 1994

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.