

Holiday De-Stress Guide

Salmon Roasted in Cilantro Salsa



Too little **magnesium** may trigger fatigue and headaches compounding the effects of stress. Salmon is a rich source of magnesium. It is also high in **vitamin B6**, which is needed to produce the sleep inducing hormone **melatonin**. This salmon dish is worthy of serving at your next big holiday party.

Ingredients

- 1 poblano pepper
- 1/3 cup fresh lime juice
- 2 green onions, sliced
- 1 cup packed fresh cilantro leaves, chopped
- 1 tsp sunflower or safflower oil
- ½ tsp sea salt
- 1 18-oz. salmon-fillet, skinned



Instructions

1. Preheat oven to 350 °F
2. Roast pepper until charred and blackened all over. Place in a bag and let steam until cool to the touch. Under running water, rub off blackened skin. Pat pepper dry with paper towel, then slit open. Scrape out seeds and interior ribs and pull off stem. Cut pepper into thin strips.
3. In a blender, combine pepper strips, lime juice, onions, cilantro, oil and salt. Puree.
4. Pour cilantro salsa over salmon, turning fish to coat on both sides.
5. Bake (uncovered) to your liking (approx. 20 – 25 min.)
6. To serve, slice fillet into pieces and spoon salsa over top of each portion.

Nutritional Information (3-oz. serving)

Calories	180	Sodium	210 mg
Total fat	8 g	Carbohydrates	3 g
Saturated fat	1 g	Protein	22 g

Resource: www.cleaneating.com

