IDEAL PROTEIN

chipotle chile salmon with summer chopped salad

SERVES 2 • READY IN 30 MINUTES OR LESS



Ingredients:

SALAD:

- 1 cup coarsely chopped tomato
- 1 cup each coarsely chopped green and yellow bell pepper
- 1/2 cup coarsely chopped radish
- 1/2 cup coarsely chopped red onion
- ¼ cup chopped cilantro
- 1 tablespoon lime juice
- 2 teaspoons olive oil
- 1/2 teaspoon salt
- ½ teaspoon coarsely ground
- black pepper

SALMON:

- 1/2 teaspoon chipotle chili powder
- ½ teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 2 (5-ounce) skinless salmon fillets
- Nonstick spray

For the salad: Mix all the salad ingredients in a medium bowl; set aside.

For the salmon: Mix the chili powder, oregano, cumin, and salt in a small bowl. Rub over both sides of the salmon.

Spray a nonstick grill pan with nonstick spray and set over medium heat to preheat, about 2 minutes. Place the salmon in the grill pan and cook just until opaque in the center, about 5 minutes on each side.

Serve with the salad.