

Salmon with Mango Avocado Salsa

Ingredients

- 2 salmon fillets
- 1 ripe mango, diced
- 1 avocado, diced
- 1 small red onion, chopped
- Juice of 1 lime
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions

1. Grill or pan-sear salmon until cooked through, about 4–5 minutes per side.

2. In a bowl, combine mango, avocado, red onion, lime juice, olive oil, salt, and pepper.
3. Serve the salmon topped with the mango avocado salsa.

Health Benefits

Combines omega-3s with fiber, potassium, and vitamin C. Helps with skin health, digestion, and anti-inflammatory support.