

# **Ginger-Crusted Salmon with Melon Salsa**

Good Housekeeping Magazine - July 2011

**Servings: 4**

**Start to Finish Time: 35 minutes**

**2 cups canteloupe , cubed into 1/3-inch pieces**

**1 cup honeydew melon, cubed into 1/3-inch pieces**

**1/4 cup packed fresh cilantro leaves, finely chopped**

**2 tablespoons fresh mint leaves, finely chopped**

**1 jalapeno chile pepper, stemmed, seeded and finely chopped**

**2 tablespoons fresh lime juice**

**salt**

**freshly ground black pepper**

**2 tablespoons fresh ginger, peeled and grated**

**2 teaspoons curry powder**

**4 6-ounce pieces skinless salmon fillet**

**2 teaspoons vegetable oil**

In a medium bowl, combine the canteloupe, honeydew, cilantro, mint, jalapeno, lime juice and 1/4 teaspoon of salt. Stir until well mixed. Set aside.

In a small bowl, stir together the ginger, curry powder, 1/8 teaspoon of salt and 1/2 teaspoon of pepper. Spread the mixture evenly all over the non-skin side of each fillet.

In a 12-inch nonstick skillet, heat the oil on medium for 1 minute.

Add the salmon, ginger side down, and cook for 10 minutes or until the salmon just turns opaque in the center, turning over once.

Serve the salmon with the melon salsa.

---

Per Serving (excluding unknown items): 45 Calories; 3g Fat (46.1% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 1/2 Fat.