

# **Grilled Salmon with Avocado Salsa**

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**Servings: 4**

**1 large tomato, seeded and chopped**  
**1 medium ripe avocado, peeled and chopped**  
**1 small onion, chopped**  
**1/2 cup fresh cilantro, minced**  
**1 1/2 teaspoons olive oil**  
**1 clove garlic, minced**  
**2 tablespoons balsamic vinaigrette**  
**2 teaspoons balsamic vinaigrette (additional)**  
**4 4-ounce salmon fillets**  
**1/4 teaspoon salt**  
**1/4 teaspoon pepper**

In a small bowl, combine the tomato, avocado, onion, cilantro, oil, garlic and two tablespoons vinaigrette.

Chill until serving.

Moisten a paper towel with cooking oil. Using long-handled tongs, lightly coat the grill rack.

Sprinkle the salmon with salt and pepper.

Place the salmon, skin side down, on the grill rack.

Grill, covered, over medium heat for 7 to 9 minutes or until the salmon flakes easily with a fork.

Brush with the remaining vinaigrette.

Serve with the salsa.

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Per Serving (excluding unknown items): 165 Calories; 6g Fat (32.0% calories from fat); 23g Protein; 4g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 214mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fat.