



## Baked Wild Salmon with Peach Salsa

### Ingredients:

- 2 cups red onion, finely chopped, or minced
- 6 firm peaches, peeled and cubed
- 1 cup plum tomatoes, seeded, diced
- 3 Tbs. fresh ginger minced
- 2 Tbs. garlic, minced
- 3 Tbs. fresh orange juice
- 2 limes juiced
- 3 Tbs. brown rice vinegar
- 3 Tbs. Mirin
- 1 Tbs. olive oil

### Procedure:

- 1 In a large non-stick skillet add 1 Tbs. olive oil, heat over medium heat. Add onions and sauté for 5 minutes, stirring occasionally.
- 2 Add the peaches, tomato, ginger and garlic and cook until heated through, about 7 minutes.
- 3 Stir in lime juice, orange juice, brown rice vinegar and mirin. Bring to a gentle boil, reduce heat and simmer for 15 minutes. Set aside to cool.

### Ingredients:

Two 10oz pieces of wild salmon, skin off bottom

### Procedure:

- 1 Preheat oven to 375 degrees
- 2 Marinate fish in mixture for 1hr. in refrigerator
- 3 After one hour, spoon half the peach salsa over fish and bake for 15-20 minutes, until desired doneness, remove the salmon, top with rest of salsa at the end

**Cooks Notes:** Can grill Salmon, still marinate, and then spoon on salsa at end. Wild salmon has the highest level omega 3 oils than any other fish. Omega 3 helps to decrease risk of heart disease, inflammation, and decrease blood clotting factors. Naturally high in vitamins A,C,D,E. High in minerals, zinc, iron, calcium, selenium.