

## EAT MORE BURN MORE

## GRILLED SALMON & MANGO SALSA



Active time: 10 minutes

Cook time: 8 minutes

Yield: 4 servings

## **INGREDIENTS:**

- 4 (8-oz.) salmon fillet
- 2 mangoes, peeled and diced
- 2 tbsps chopped red onion
- 2 tbsps chopped fresh tarragon
- 1 tsp red pepper flakes
- Salt and pepper, to taste

## PREPARATION:

- Combine mango, onions, tarragon, and crushed red pepper flakes. Cover the salsa and let chill one hour.
- 2. On a hot grill, place fish and grill 4 minutes on each side, or until fish flakes easily when tested with a fork. Serve with mango salsa.