

Chili Rubbed Salmon with Cilantro Avocado Salsa

Author: Amy Sherman
Source: Copper River Salmon Marketing Association
Serves: 4 **Cook Time:** about 8 minutes, depending on thickness of the salmon
Prep Time: 15 minutes **Total Time:** 25 minutes

- Ingredients**
- 4-6 medium tomatillos, husked and rinsed
 - ¼ cup chopped green onion
 - ¼ cup chopped fresh cilantro
 - 1½ Tbsp. fresh lime juice
 - 1 ripe, **Fresh California Avocado**, seeded and diced
 - 2 tsp. jalapeño, seeded and minced (or to taste)
 - 1½ Tbsp. chili powder
 - ¼ tsp. cumin
 - 1 Tbsp. brown sugar
 - 1 tsp. kosher salt
 - 4 (6-oz.) wild **Copper River Salmon** filets

Instructions
Place tomatillos in a saucepan and cover with water. Bring to a boil, then simmer for 5 minutes. Remove tomatillos and when cool enough to handle, roughly chop them. Combine the tomatillos, onion, cilantro and lime juice. Gently fold in the avocado and add jalapeño. Season with salt to taste. Preheat oven to 350°. Combine chili powder, cumin, sugar and salt. Sprinkle fish with oven to 350°. Heat a large oven-proof nonstick skillet over medium heat. Cook the salmon rub side down for 2 minutes then flip and place pan in the oven for about 5-6 minutes or until cooked through. Transfer fish filets to plates and top with the Cilantro Avocado Salsa.

Nutrition Information Per Serving: Calories 340; Total Fat 18 g (Sat 2.5 g, Trans 0 g, Poly 5 g, Mono 10 g); Cholesterol 95 mg; Sodium 660 mg; Total Carbohydrates 26 g; Dietary Fiber 6 g; Protein 32 g



Lomi Lomi Salmon in a California Avocado Half

Author: Amy Sherman
Source: Copper River Salmon Marketing Association
Serves: 4 **Prep Time:** 1 day **Cook Time:** 0 **Total Time:** 1 day
California Avocados make the perfect edible bowl for Hawaiian-inspired Lomi Lomi Salmon.

- Ingredients**
- ½ lb. wild **Copper River Salmon** filet, skin removed
 - ¼ cup Hawaiian salt, coarse sea salt or kosher salt
 - 1½ cups cherry or grape tomatoes, diced
 - ½ cup sweet white onion, finely diced
 - 1 green onion, chopped
 - 2 ripe, **Fresh California Avocados**, halved and seeded
 - Sprigs of cilantro or chives to garnish

Instructions
Place salmon in a plastic or glass container and rub both sides with the salt. Cover the container and chill in the refrigerator for 24 hours. Rinse salmon thoroughly and soak in a bowl of cold water for 30 minutes, changing the water once, after 15 minutes. Remove fish from bowl and pat fish dry with paper towels. Dice fish and place in a mixing bowl. Add tomato, onion and green onions; toss gently to combine. Mound salmon mixture onto each avocado half. Garnish with cilantro or chives and serve immediately. Serve with crostini if desired.

Note: If onion is not sweet, soak the diced onion in cold water for 10 minutes to remove bitterness.

Nutrition Information Per Serving: Calories 240; Total Fat 17 g (Sat 2.5 g, Trans 0 g, Poly 3 g, Mono 10 g); Cholesterol 95 mg; Sodium 660 mg; Total Carbohydrates 26 g; Dietary Fiber 6 g; Protein 32 g



Spinach Salad with Pan-Seared Salmon, Oranges, Red Onion, and Avocado

Recipe by Diane Morgan, author of **Salmon: A Cookbook**
Serves: 4

- Ingredients**
- ¼ cup extra-virgin olive oil
 - 1 Tbsp. balsamic vinegar
 - 1 tsp. whole-grain mustard
 - ½ tsp. sugar
 - ½ tsp. kosher or sea salt
 - Freshly ground pepper
 - 7 cups (about 6-oz.) lightly packed baby spinach leaves
 - 1 cup thinly sliced red onion
 - 1 red bell pepper, halved lengthwise, seeded, debibbed, and cut into long, thin slices
 - 2 navel oranges, peeled and white pith removed, cut into segments
 - 4 **Copper River Salmon** filets (about 5-oz. each), skin and pin bones removed
 - Kosher or sea salt and freshly ground pepper, to taste
 - 3 Tbsp. olive oil
 - 1 ripe, **Fresh California Avocado**, seeded, peeled, and cut into 16 thin wedges

Instructions
In a small jar with a tight-fitting lid, combine the olive oil, vinegar, mustard, sugar, salt, and pepper to taste. Cover tightly and shake vigorously to blend. Taste and adjust the seasoning. Set aside. Place the spinach, onion, and bell pepper in a large salad bowl. Put the oranges in a small bowl. Season the salmon on all sides with a little salt and pepper. Place a large, heavy skillet over medium-high heat. When the skillet is hot, add the remaining olive oil and swirl to coat the pan. Add the salmon, skin-side down, and cook until the skin is crisp, about 4 minutes. But still very moist, or an instant-read thermometer inserted in the center registers 125° to 130° about 4 minutes. Transfer to a warm plate and set aside while you dress the salad. To serve, add the orange segments to the salad bowl, give the salad a last-minute shake, and pour over the salad. Toss gently. Arrange the salmon each salad with 4 slices of avocado, and serve immediately.

Nutrition Information Per Serving: Calories 580; Total Fat 41 g (Sat 6 g, Trans 0 g, Poly 7 g, Mono 26 g); Cholesterol 80 mg; Sodium 390 mg; Total Carbohydrates 25 g; Dietary Fiber 11 g; Protein 32 g



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