



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# Roast Salmon with Salsa

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

## Ingredients

- ❖ 2 medium tomato(es), plum, chopped
- ❖ 1 small onion(s), roughly chopped
- ❖ 1 clove(s) garlic, peeled and quartered
- ❖ 1 whole pepper(s), jalapeno, seeded and chopped
- ❖ 2 teaspoon vinegar, cider
- ❖ 1 teaspoon chili powder
- ❖ 1/2 teaspoon cumin, ground
- ❖ 1/2 teaspoon salt
- ❖ 3 dash(es) hot sauce, 2-4 dashes
- ❖ 1 1/2 pounds fish, salmon fillet, skinned and cut into 6 portions

## Recipe Tip:

Make sure to buy omega-3 rich wild-caught salmon instead of farm raised.

## Preparation

1. Preheat oven to 400 degrees F.
2. Place tomatoes, onion, garlic, jalapeño, vinegar, chili powder, cumin, salt and hot sauce to taste in a food processor; process until finely diced and uniform.
3. Place salmon in a large roasting pan; spoon the salsa on top. Roast until the salmon is flaky on the outside but still pink inside, about 15 minutes.

