

Grilled Halibut and Fresh Mango Salsa

2 cups diced seeded plum tomatoes
 1½ cups diced peeled ripe mango
 ½ cup diced onion
 ½ cup chopped fresh cilantro
 2 tablespoons fresh lime juice
 1 tablespoon cider vinegar
 1 teaspoon sugar
 1 teaspoon salt, divided
 1 teaspoon black pepper, divided
 2 garlic cloves, minced
 4 (6-ounce) halibut fillets
 1 tablespoon olive oil

1. Prepare grill.
2. Combine first 7 ingredients. Stir in ½ teaspoon salt, ½ teaspoon pepper, and minced garlic.
3. Rub fish with oil; sprinkle with ½ teaspoon salt and ½ teaspoon pepper. Place fish on grill rack; grill 3 minutes on each side or until fish flakes easily when tested with a fork. Serve with mango salsa. Yield: 4 servings (serving size: 1 fillet and ¾ cup salsa).

CALORIES 295 (24% from fat); FAT 7.8g (sat 1.1g, mono 3.9g, poly 1.7g); PROTEIN 37g; CARB 19.5g; FIBER 2.8g; CHOL 54mg; IRON 2.3mg; SODIUM 687mg; CALC 105mg

Easy Pesto Salmon

2 cups fresh spinach leaves
 ½ cup basil leaves
 ¼ cup fat-free, less-sodium chicken broth
 1 tablespoon olive oil
 ¼ teaspoon salt
 3 garlic cloves, peeled
 Cooking spray
 2 (6-ounce) salmon fillets, skinned
 ⅔ cup hot cooked brown rice

1. Preheat oven to 400°.
2. Place the first 6 ingredients in a food processor or blender, and process until the mixture is smooth. Spoon 3 tablespoons pesto into bottom of an 8-inch square baking dish coated with cooking spray. Top with salmon fillets, and spread fillets with remaining pesto.
3. Bake at 400° for 20 minutes or until fish flakes easily when tested with a fork. Yield: 2 servings (serving size: 1 fillet and ⅓ cup rice).

CALORIES 443 (45% from fat); FAT 22.1g (sat 3.5g, mono 12g, poly 4.4g); PROTEIN 38.7g; CARB 20.6g; FIBER 3.1g; CHOL 111mg; IRON 3.2mg; SODIUM 483mg; CALC 96mg

Maple-Glazed Salmon

Look for hoisin sauce and five-spice powder in the Asian food sections of large supermarkets.

2 tablespoons maple syrup
 1½ tablespoons apple juice
 1½ tablespoons fresh lemon juice
 2 teaspoons hoisin sauce
 1½ teaspoons grated peeled fresh ginger
 1½ teaspoons country-style Dijon mustard
 ¼ teaspoon five-spice powder
 4 (6-ounce) salmon fillets (about 1 inch thick)
 Cooking spray

1. Preheat broiler.
2. Combine the first 7 ingredients in a large zip-top plastic bag. Add fillets to bag, and seal. Marinate in refrigerator 15 minutes.
3. Remove fillets from bag, reserving the marinade. Place fillets, skin sides down, on a broiler rack coated with cooking spray. Broil for 12 minutes or until fish flakes easily when tested with a fork; baste fillets occasionally with reserved marinade. Yield: 4 servings (serving size: 1 fillet).

CALORIES 316 (41% from fat); FAT 14.4g (sat 2.5g, mono 6.9g, poly 3.2g); PROTEIN 35g; CARB 9.3g; FIBER 0.1g; CHOL 111mg; IRON 0.9mg; SODIUM 184mg; CALC 18mg

Miso-Glazed Salmon

¼ cup packed brown sugar
 2 tablespoons hot water
 2 tablespoons low-sodium soy sauce
 2 tablespoons miso (soybean paste)
 4 (6-ounce) salmon fillets (about 1 inch thick)
 Cooking spray
 1 tablespoon chopped fresh chives

1. Preheat broiler.
2. Combine first 4 ingredients, stirring with a whisk. Arrange fish in a shallow baking dish coated with cooking spray. Spoon miso mixture evenly over fish.
3. Broil 10 minutes or until fish flakes easily when tested with a fork, basting twice with miso mixture. Sprinkle with chives. Yield: 4 servings (serving size: 1 salmon fillet).

CALORIES 297 (33% from fat); FAT 10.9g (sat 2.5g, mono 4.7g, poly 2.8g); PROTEIN 32.4g; CARB 15.7g; FIBER 0.3g; CHOL 80mg; IRON 1mg; SODIUM 742mg; CALC 29mg