

Salmon Tacos with Pineapple Sauce

Don't feel guilty for indulging in your favorite Mexican dish with these low-carb tacos.

Ingredients:

- 1 lb wild Alaskan salmon fillets
- 1 ½ cups cherry tomatoes, quartered
- 1 avocado, diced
- 1 cup cubed pineapple
- 2 green onions, thinly sliced
- 1 jalapeno pepper, seeded and minced
- ¼ cup fresh mint, chopped
- ½ lime, juiced
- ¼ tsp sea salt
- 12 large lettuce leaves

Directions:

1. Place salmon, 5 cups of water, and a couple of pinches of salt in a large saucepan. Bring to a very slight simmer, with just a few bubbles breaking the surface, and cook for 8 minutes or until the fish is cooked through. Remove fish with a slotted spoon and gently break apart the flesh with a fork.
2. In a large bowl, toss together tomatoes, avocado, pineapple, green onion, jalapeno, lime juice, and sea salt.
3. Divide salmon among lettuce leaves and top with the salsa.



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