

Recipe

WellWorks For You FEATURED RECIPE 30-Minute Roasted Salmon Tacos with Corn & Pepper Salsa

4 Servings | High Protein, Gluten Free, Dairy Free

INGREDIENTS

- 2 teaspoons honey
- 1 canned chipotle pepper in adobo, finely chopped
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lime juice plus 2 tablespoons, divided
- 1 ¼ pounds center-cut salmon fillet
- ½ teaspoon kosher salt, divided
- 1 ½ cups fresh corn kernels (from 3 ears)
- 1 red bell pepper, finely chopped
- 2 scallions, thinly sliced on the bias
- 1 small jalapeño pepper, seeded and finely diced
- ½ cup chopped fresh cilantro
- 8 corn tortillas, warmed
- 1 avocado, sliced
- 1 lime, quartered

DIRECTIONS

1. Preheat oven to 425° F. Line a large, rimmed baking sheet with foil and coat lightly with cooking spray.
2. Combine honey, chipotle, mustard and 1 teaspoon lime juice in a small bowl.
3. Place salmon skin-side down on the prepared baking sheet; sprinkle with 1/4 teaspoon salt.
Roast for 14 minutes. Remove from oven; spread the honey-chipotle glaze over the fish and continue roasting until cooked through, 2 to 4 minutes.
4. Meanwhile, combine corn, bell pepper, scallions, jalapeño, cilantro and the remaining 2 tablespoons lime juice and 1/4 teaspoon salt in a medium bowl; toss to combine.
5. Remove and discard salmon skin; flake the salmon. Serve in warmed tortillas, topped with avocado and the corn-and-pepper salsa. Serve with lime wedges.



NUTRITION Per Serving: Calories: 460

Protein 35g, Carbohydrates 52g, Dietary Fiber 9g, Fat 15g, Saturated Fat 3g, Calcium 107mg, Magnesium 82mg, Potassium 1041mg, Sodium 413mg

Source: [eatingwell.com/recipe/8042353/roasted-salmon-tacos-with-corn-pepper-salsa](https://www.eatingwell.com/recipe/8042353/roasted-salmon-tacos-with-corn-pepper-salsa)