

## 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

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

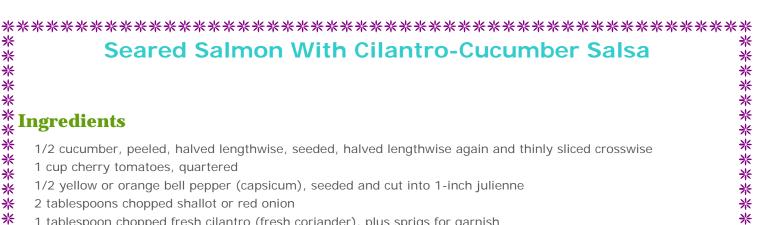
If Veteran's don't help Veteran's, who will?

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

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





- 1 tablespoon chopped fresh cilantro (fresh coriander), plus sprigs for garnish
- 1 tablespoon fresh lime juice
- 1 1/2 teaspoons canola oil
- 1 teaspoon honey
- 1/2 teaspoon red pepper flakes
- 1 teaspoon salt

\*

\*

⋇ \*

⋇

\*

⋇

⋇

✻ ✻

✻ ⋇

\*

✻

\*

\*

✻ \* \*

\* ℀

\*

\*\*\*

\* \*

\*\*

✻

\*\*\*\*\*\*\*

\*\*\*\*\*\*\*

⋇

\*

- 4 salmon fillets, each 5 ounces and about 1-inch thick
- 1/4 teaspoon freshly ground black pepper
- Lime wedges for garnish

## \* Directions ⋇

In a bowl, combine the cucumber, tomatoes, bell pepper, shallot and chopped cilantro. Toss gently to mix. In a small bowl, whisk together the lime juice, 1 teaspoon of the canola oil, the honey, red pepper flakes and 1/2 teaspoon of the salt. Pour the lime juice mixture over the cucumber mixture and toss gently to mix and coat evenly. Set aside.

Sprinkle the salmon fillets on both sides with the remaining 1/2 teaspoon salt and the black pepper. In a large, nonstick frying pan, heat the remaining 1/2 teaspoon canola oil over medium-high heat. Add the fish to the pan and cook, turning once, until opaque throughout when tested with the tip of a knife, about 4 to 5 minutes on each side.

Transfer the salmon fillets to warmed individual plates and top each with 1/4 of the salsa. Garnish the plates with the cilantro sprigs and lime wedges. Serve immediately.