



Salmon With Berry Relish

The warm berry relish complements the rich flavor of the salmon. Each serving contains 2 g of omega-3s.

4 salmon filets, 4 ounces each	1/2 teaspoon cinnamon
1 cup frozen raspberries, unsweetened	Dash hot pepper sauce
1 cup frozen blueberries, unsweetened	1/2 teaspoon ginger, ground
1/2 cup orange juice	1/8 teaspoon black pepper
1 tablespoon granulated sugar	

Preheat the oven to 375 degrees. Place the salmon on a large baking sheet and sprinkle with water. Bake until flaky, about 20 minutes.

Meanwhile, place the berries, juice, sugar, spices and pepper sauce in a small saucepan over high heat. Bring the mixture to a boil over medium-high heat and cook briefly, about 2 minutes. Remove from the stove. Serve the fish hot with the warm berry relish.

Serves 4. Each serving has:

*221 calories, 7.5 g fat, 1 g saturated fat, 62 mg cholesterol,
53 mg sodium, 15 g carbohydrates, 3 g fiber.*

