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Elevating the  
Human Spirit™

# Roasted Salmon with Melon Salsa

Serves 4

## INGREDIENTS

- 4 wild Alaskan salmon fillets (frozen or fresh)
- 1 tbsp. olive oil
- Salt and pepper
- 1 cup cantaloupe, cut into 1/4-inch cubes
- 1/2 red pepper, cut in 1/4-inch cubes
- 1 green onion, chopped finely
- 1 tbsp. fresh parsley
- Juice and zest of one lime

*According to All About Vision cold-water fish contain the omega-3 fatty acids DHA and EPA, key players in vision health that help decrease inflammation and protect against dry eye syndrome.*

## STEPS

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil.
2. Place fillets on baking sheet and brush with olive oil. Sprinkle salt and pepper.
3. Place in oven for 5–10 minutes, or until brown on the top and cooked throughout.

*While the salmon is cooking, prepare the salsa:*

4. Mix together cantaloupe, green onion, red pepper & cilantro. Sprinkle salt and pepper.
5. In a small bowl whisk together olive oil, lime zest and lime juice.
6. Pour dressing over salsa and mix to combine.
7. When salmon is ready, spoon one quarter of the salsa on each fillet.

*Source: All About Vision*

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