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Broiled Fish with Orange Almond Cilantro Salsa

Created by the Almond Board of California

Use this crunchy, fresh-tasting mixture as you would any salsa — with beans and rice; on grilled or broiled fish, chicken, pork or beef; on quesadillas; or just with tortilla chips.

Makes 8 servings

What you need:

- 1/3 cup (75 mL) fresh orange juice
- 1/4 cup (60 mL) fresh lime juice
- 3/4 cup (175 mL) slivered almonds
- 1 cup (250 mL) tightly packed cilantro leaves, washed and dried
- 1 jalapeno, seeded
- 2 cloves garlic, peeled
- Salt to taste
- Cilantro leaves to garnish

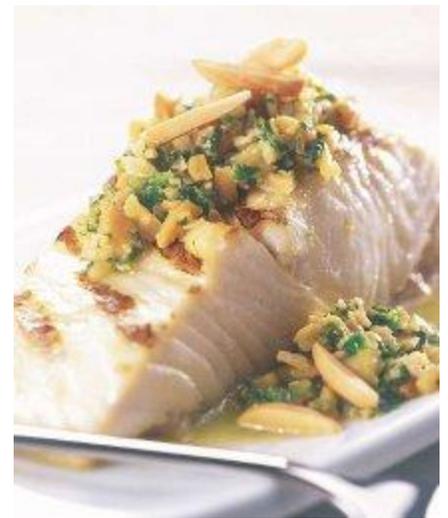


Photo courtesy of Almond Board of California

How you prepare:

Place orange juice, lime juice, almonds, cilantro, jalapeno and garlic in the bowl of a food processor or blender and process until very finely chopped. Season to taste with salt. Garnish with more cilantro leaves. Serve immediately or store covered and refrigerated up to one day. Serve chilled.

* To roast almonds, place a single layer on a baking sheet and bake in a preheated 350°F (180°C) oven for 8 to 10 minutes, stirring at least once to ensure even roasting. Almonds will continue to brown after being removed from the oven.

Nutritional Analysis: per serving.

Calories: 68	Fibre: 1g
Fat: 5 g	Cholesterol: 0 mg
Sat Fat: 0.5g	Sodium: 74 mg
Mono Fat: 3.4 g	Calcium: 30 mg
Poly Fat: 1.1g	Magnesium: 32 mg
Protein: 2 g	Potassium: 10 mg
Carb: 4 g	Vitamin E: 2.5 mg*

* total alpha-tocopherol equivalents

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Recipe used with permission from the Almond Board of California. Visit www.almondboard.com for more great recipes.

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