

Total Fat 13g 129 Saturated Fat 2g 169 Trans Fat 6g Cholesterol 45mg 159 Sodium 138mg 69 Total Carbohydrate 30g 119 Dietary Fiber 8g 299 Total Sugars 11g	Occurrence of the	(March
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GRANT SALLS	Through the property of the second	
Iron 7mg 395		
Potassium 629mg 131		131

AIR-FRIED RUBBED SALMON WITH POMEGRANATE SALSA

INGREDIENTS

2 (6 oz.) skin-on salmon filets or substitute 2 (6 oz.) skinless chicken breasts 2 cups broccoli florets

For the Salsa:

1/2 cup of pomegranate seeds

10 cherry tomatoes, diced

1/2 cup onion, diced

1/2 oz. Kalamata olives, pitted and diced

1/3 cup fresh mint, chopped

1/3 cup fresh parsley, chopped

1 small jalapeño, seeded and diced

1/4 cup roasted, unsalted pistachios

1 tbsp. extra virgin olive oil

1 tbsp. lime juice

1/2 tsp black pepper

1/2 tsp ground cumin

For Eric's Rub:

1/4 tsp onion powder

1/4 tsp garlic powder

1/4 tsp thyme

1/4 tsp smoked paprika

1/4 tsp coriander

1/4 tsp cumin

1/4 tsp chili powder

1/4 tsp ground pepper

1/4 tsp dried lemon peel

1/4 cup low-fat, unsweetened Greek yogurt

1 tbsp. water

DIRECTIONS

- In a medium bowl, combine all of the rub until it forms a wet paste.
- With the back of a spoon or with a BBQ mop, spread the rub all over the salmon (or chicken).
- Let the protein sit for about 15 min. with the rub on.
- Make the salsa by combining all of the ingredients in a medium bowl for a nice rough-cut salsa. If you prefer a smoother salsa, you can combine it in a blender or food processor.
- Set aside the salsa.
- Season the broccoli florets by tossing them in a bowl with 2 tbsp lemon juice, 1 tsp olive oil, and 1 tsp Bragg's unsalted seasoning or Mrs. Dash seasoning.
- Spray the basket or rack with a very light spray of olive oil to prevent sticking.
- Preheat the air fryer to its highest setting for about 1-2 minutes.
- Place the rubbed fish (or chicken) in the air fryer with the broccoli and cook on high for about 10-12 minutes until desired doneness. The chicken may take a little longer, about 15-17 min.)
- Plate the salmon (or chicken) and broccoli and top with a generous serving of salsa.