



Nutrition Facts

2 servings per container	
Serving size	(6oz)
Amount per serving	
Calories	323
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 158mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 8g	29%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 222mg	17%
Iron 7mg	39%
Potassium 629mg	13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

1. In a medium bowl, combine all of the rub until it forms a wet paste.
2. With the back of a spoon or with a BBQ mop, spread the rub all over the salmon (or chicken).
3. Let the protein sit for about 15 min. with the rub on.
4. 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.
5. Set aside the salsa.
6. 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.
7. Spray the basket or rack with a very light spray of olive oil to prevent sticking.
8. Preheat the air fryer to its highest setting for about 1-2 minutes.
9. 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.)
10. Plate the salmon (or chicken) and broccoli and top with a generous serving of salsa.