

# 30-minute Roasted Salmon Tacos with Corn and Pepper Salsa

Oshkosh Community YMCA

A honey-and-chipotle glaze gives this roasted salmon a sweet and spicy kick. If you have time, consider grilling or broiling the corn for a few minutes for additional flavor. Short on time? Thawed frozen corn can be used in place of fresh.

## INGREDIENTS:

- 2 teaspoons honey
- 1 canned chipotle pepper in adobo, finely chopped
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lime juice plus 2 tablespoons, divided
- 1 ¼ pounds center-cut salmon fillet
- ½ teaspoon kosher salt, divided
- 1 ½ cups fresh corn kernels (from 3 ears)
- 1 red bell pepper, finely chopped
- 2 scallions, thinly sliced on the bias
- 1 small jalapeño pepper, seeded and finely diced
- ½ cup chopped fresh cilantro
- 8 corn tortillas, warmed
- 1 avocado, sliced
- 1 lime, quartered



## INSTRUCTIONS:

1. Preheat oven to 425°F. Line a large rimmed baking sheet with foil and coat lightly with cooking spray.

Like what you tried? Email us at [katieConklin@oshkoshymca.org](mailto:katieConklin@oshkoshymca.org)

Recipe Source <https://www.eatingwell.com/recipe/8042353/roasted-salmon-tacos-with-corn-pepper-salsa>

2. Combine honey, chipotle, mustard and 1 teaspoon lime juice in a small bowl.
3. Place salmon skin-side down on the prepared baking sheet; sprinkle with 1/4 teaspoon salt. Roast for 14 minutes. Remove from oven; spread the honey-chipotle glaze over the fish and continue roasting until cooked through, 2 to 4 minutes.
4. Meanwhile, combine corn, bell pepper, scallions, jalapeño, cilantro and the remaining 2 tablespoons lime juice and 1/4 teaspoon salt in a medium bowl; toss to combine.
5. Remove and discard salmon skin; flake the salmon. Serve in warmed tortillas, topped with avocado and the corn-and-pepper salsa. Serve with lime wedges.

## **NUTRITION**

Servings Per Recipe 4 Serving Size 2 tacos Calories 460		Servings Per Recipe 4 Serving Size 2 tacos Calories 460	
	% Daily Value *		
<b>Total Carbohydrate</b> 52g	19%	<b>Vitamin E</b> 3mg	18%
<b>Dietary Fiber</b> 9g	32%	<b>Folate</b> 102mcg	26%
<b>Total Sugars</b> 10g		<b>Vitamin K</b> 35mcg	29%
<b>Added Sugars</b> 3g	6%	<b>Sodium</b> 413mg	18%
<b>Protein</b> 35g	70%	<b>Calcium</b> 107mg	8%
<b>Total Fat</b> 15g	19%	<b>Iron</b> 2mg	11%
<b>Saturated Fat</b> 3g	15%	<b>Magnesium</b> 82mg	20%
<b>Cholesterol</b> 66mg	22%	<b>Potassium</b> 1041mg	22%
<b>Vitamin A</b> 1568IU	31%	<b>Zinc</b> 1mg	9%
<b>Vitamin C</b> 61mg	68%	<b>Vitamin B12</b> 6mcg	250%
<b>Vitamin D</b> 543IU	136%	<b>Omega 3</b> 2g	

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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