

Spread the Joy



Salmon with Garlic Chipotle and Black Bean Salsa

Salmon with Chipotle Garlic Spread

2 each/ 6 ounce portions
4 ounces

Atlantic salmon filets
Garlic Joy Chipotle Spread

Corn & Black Bean Salsa with Garlic Joy Olive Tapenade

2 each ears
1/2 each
1 each
2 T
1 10 ounce can
1/2 cup
1 each
to taste

corn, fresh, kernels only
red onion, dices small
red pepper, diced small
Garlic Joy Olive Tapenade
black beans, cooked
cilantro, fresh chopped
lime, juice only
salt and fresh cracked black pepper

Method:

Preheat oven to 400 degrees. Top each salmon filet with Garlic Joy Chipotle Spread and place them on a greased or non-stick sheet pan. The chipotle spread should be 1/4 inch thick over the top of the filet. Place pan in center of oven. These filets should bake for 20-22 minutes.

While fish is cooking, heat the olive oil to medium high in a sauté pan and begin sautéing the corn kernels and red onion. Once the onion is translucent, add the red pepper. Sauté for a couple more minutes or until the peppers are soft. Add the Garlic Joy Olive Tapenade and sauté quickly until the aroma develops. Add the black beans and heat through.

Finish the salsa by stirring in the cilantro, the lime and seasoning with salt and pepper. Toss to combine. Serve the Salmon filets directly from the oven with the freshly sautéed Corn and Black Bean Salsa. Garnish with cilantro and squeeze of lime



Enjoy!

to your kitchen

For more recipes visit us at: www.joyofgarlic.com