



trifit

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## Apple-Crusted Salmon

This unique entrée brings together sweet apples and savory roasted salmon. The shingled topping of alternating red and green-skinned apples results in a dazzling presentation. Serve with sautéed greens and rice pilaf.

### Ingredients

1 ½ cups apple juice or apple cider  
½ cup orange juice  
2 ½ tbsp honey  
2 tbsp chopped fresh mint  
2 tbsp chopped chives  
¼ tsp salt  
⅛ tsp ground black pepper  
1 ½ to 2 apples, try one green and one red for a colourful presentation  
2 pounds salmon fillet, skin removed  
Pinch of salt and pepper  
Sprinkle of oil (on bottom of roasting pan)  
¼ cup loosely packed brown sugar

### Directions

Prepare marinade by whisking together apple juice, orange juice, honey, mint, chives, salt and pepper, until well combined. Set aside.

Core apples using an apple corer or a small paring knife, then slice apples into rings as thin as possible (about 1/8-inch or less). Use a mandolin if you have it, otherwise a good sharp knife will do fine. Place sliced apples into marinade and let them marinate for a minimum of 30 minutes and a maximum of two hours.

Preheat the oven to 375°F. Sprinkle entire surface of salmon lightly with salt and pepper and place it, skin-side down, in a lightly-oiled roasting pan. Remove apples from marinade and place them carefully on salmon, shingling them like scales from one end to the other. If you are using both red and green-skinned apples, alternate colors as you shingle slices. Sprinkle brown sugar over apples.

Roast for approximately 20 to 25 minutes. When finished, pour juices from the roasting pan over fish before serving.

Serves 6 Nutrition Per serving (10.5 oz/296g-wt.): 400 calories (110 from fat), 12g total fat, 2g saturated fat, 39g protein, 31g total carbohydrate (1g dietary fibre, 29g sugar), 105mg cholesterol, 190mg sodium

Source: [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)