



Baja Salmon with Mushrooms

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 7 minutes

Cooking Time: 8 minutes

Serves: 4

Average cost per serving: \$3.21

- 1 tablespoon olive oil, divided
- 6 ounces white button mushrooms, quartered or halved
- 1 packet dry citrus marinade
- 3/4 cup frozen white sweet corn kernels, thawed
- 1/2 cup red onion, diced, run under cold water
- 1/2 cup red bell pepper, diced
- 1/4 cup cilantro leaves, minced
- 2 tablespoons lime juice, freshly squeezed
- 1/2 teaspoon kosher salt
- 4 salmon filets (about 5 ounces each)
- 1/4 cup water

Heat a large sauté pan over medium high heat. Add 2 teaspoons oil and swirl to coat bottom of pan. Add mushrooms and sauté 2 minutes. Add 1 tablespoon of dry citrus marinade mix to the mushrooms and continue cooking another 3 minutes.

Remove mushrooms from the pan and place in a large mixing bowl. Add the corn, onion, red pepper, cilantro, lime juice and salt to the cooked mushrooms and toss to combine. In same sauté pan, add remaining teaspoon of oil and swirl to coat pan.

Sprinkle the top of each salmon filet with 1 teaspoon dry citrus marinade mix. Add salmon, seasoned side down, to hot pan and sear 1 minute. Flip over and add water to the pan. Cover and cook another 2 minutes, or until done to taste preferences. Remove from the heat and uncover.

Place a spoonful of the mushroom salsa on each serving plate, top with a salmon filet. Garnish with a sprig of cilantro and a lime wedge.



Nutrition Facts	
Serving Size (284g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 830mg	35%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 31g	
Vitamin A 25%	• Vitamin C 70%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 305mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Each serving provides: 340 calories, 19g fat (29% Daily Value), 5g saturated fat (25% Daily Value), 70mg cholesterol (23% Daily Value), 830mg sodium (35% Daily Value), 2g dietary fiber (8% Daily Value), 31g protein, 25% Daily Value for vitamin A, 8% Daily Value for iron, 70% Daily Value for vitamin C, 6% Daily Value for calcium, 129% Daily Value for vitamin D, 27% Daily Value for potassium, 81% Daily Value for selenium