

Herb-Crusted Grilled Salmon with Fresh Avocado-Tomato Salsa

Perfectly seasoned salmon topped with vibrant avocado salsa delivers omega-3s and healthy fats that help stabilize blood sugar for hours.

Prep: 10 min

Cook: 12 min

Total: 22 min

Servings: 2

GL 1.8 / GI 25

Ingredients

Wild-caught preferred for higher omega-3 content salmon fillets, 4-6 oz each

Extra virgin olive oil provides heart-healthy monounsaturated fats olive oil for salmon

May help improve insulin sensitivity garlic clove, minced

Adds flavor without carbohydrates chili powder

Contains compounds that may support blood sugar regulation ground cumin

Concentrated flavor without added sugars onion powder

Enhances nutrient absorption black pepper

Use sea salt or Himalayan pink salt salt for salmon

Rich in fiber and monounsaturated fats that slow glucose absorption ripe avocado, pitted and diced

Low glycemic vegetable rich in lycopene tomato, diced

Contains chromium which may help regulate blood sugar onion, finely diced

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Fresh herb with antioxidant properties fresh cilantro, minced

Healthy fat that reduces glycemic impact olive oil for salsa

Vitamin C-rich with zero glycemic impact fresh lime juice

Season to taste salt and pepper for salsa

Instructions

Step 1

In a small mixing bowl, combine 2 tablespoons olive oil with minced garlic, chili powder, cumin, onion powder, black pepper, and salt. Whisk together until the spices are evenly distributed throughout the oil to create an aromatic marinade.

Step 2

Pat the salmon fillets completely dry with paper towels to ensure proper searing. Using a basting brush or your fingers, generously coat both sides of each salmon fillet with the prepared spice mixture, pressing gently so the seasonings adhere to the fish.

Step 3

While the salmon rests with its seasoning, prepare the avocado salsa. In a medium bowl, combine the diced avocado, chopped tomato, finely diced red onion, and minced cilantro. Drizzle with 1 tablespoon olive oil and 2 tablespoons fresh lime juice, then season with salt and pepper to taste.

Step 4

Gently fold the salsa ingredients together using a spoon, being careful not to mash the avocado—you want to maintain distinct chunks for texture. Cover the bowl with plastic wrap and refrigerate until ready to serve, allowing the flavors to meld together.

Step 5

Preheat your grill or a large heavy-bottomed skillet (cast iron works beautifully) over medium-high heat for 3-4 minutes. The cooking surface should be hot enough that a drop of water sizzles immediately upon contact.

Step 6

Place the seasoned salmon fillets skin-side up on the grill or in the pan. Cook undisturbed for 5-6 minutes to develop a golden-brown crust. Resist the urge to move the fish—this allows proper caramelization and prevents sticking.

Step 7

Carefully flip the salmon fillets using a wide spatula and cook for an additional 5-6 minutes on the second side. The salmon is done when it flakes easily with a fork and reaches an internal temperature of 145°F (63°C). The flesh should be opaque throughout with a slightly translucent center if you prefer medium doneness.

Step 8

Transfer the cooked salmon to serving plates and immediately top each fillet with a generous portion of the fresh avocado salsa. Serve while the salmon is hot, allowing the cool, creamy salsa to contrast beautifully with the warm, spiced fish. For optimal blood sugar control, pair with a side of non-starchy vegetables or a mixed green salad.