



SEARED SALMON

with

FRESH PEACH & TOMATO SALSA

SHOPPING LIST

Serves 4-6

Fresh Peach & Tomato Salsa

2 ripe peaches, diced
 1½ cups cherry tomatoes, quartered
 ¼ cup finely diced red onion
 ¼ cup thinly sliced fresh basil
 Lime juice, to taste
 Salt and pepper, to taste
 Optional: 1 tablespoon finely diced jalapeno

Pan-Seared Salmon

4 (4-6 ounce) salmon fillets, skin-on or skinless
 Olive oil
 Salt and pepper to taste
 Lime wedges, for serving

Not a salmon fan?

This fresh salsa is just as delicious with chicken, shrimp, halibut, tofu, or served over burrata with crusty bread.

For a quick bite, prepare just the salsa and enjoy with tortilla chips.

Few fruits capture the flavor of summer quite like a ripe peach! Peak peach season is the perfect time to enjoy their naturally sweet flavor, vibrant color, and nutrition benefits while celebrating California's abundant stone fruit harvest. This easy recipe pairs juicy peaches, ripe tomatoes, and fresh basil in a vibrant salsa served over pan-seared salmon for a fresh, seasonal meal you'll come back to all summer long.

DIRECTIONS

- 1 Prepare the salsa: In a medium bowl, combine peaches, cherry tomatoes, red onion, basil, lime juice, jalapeno, salt, and pepper. Gently toss to combine. Let sit for 10-15 minutes to allow the flavors to meld.
- 2 Sear the salmon: Pat salmon fillets dry with a paper towel. Season both sides with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Place salmon skin-side down (if using skin-on fillets) and cook for 4-5 minutes until the skin is crisp and the salmon releases easily from the pan. Flip and cook for an additional 2-5 minutes, or until cooked through and flaky.
- 3 Top each salmon fillet with a generous spoonful of peach and tomato salsa. Serve with your favorite summer sides.

Complete the dish with a side such as: corn on the cob, quinoa, roasted potatoes, simple arugula salad or sautéed vegetables.

PEACH SPOTLIGHT

California is one of the largest peach-producing states in the country, with our warm summers, fertile soil, and ideal growing conditions from late spring to early fall.

Nutrition in Every Bite

The golden color comes from carotenoids, including beta-carotene which is converted by the body into vitamin A, essential to healthy vision, skin, and immune function. Peaches provide ~2 grams of fiber per peach.

How to Select

Look for a sweet, floral aroma, a slight softness near the stem, and fruit that feels heavy for its size. For firm peaches, speed up ripening by placing in a paper bag or near bananas to benefit from release of ethylene (a natural plant hormone that allows ripening after harvest). Once ripe, refrigerate to preserve freshness.

Did you know? A peach's fuzz is actually a protective adaptation that helps shield the fruit as it grows by repelling moisture and insects.

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