

The only Duwamish River seafood safe to eat is Salmon.

In the Duwamish River, chemical pollution that you cannot see gets into the bottom fish, shellfish, and crab that spend their entire lives in the river.

These chemicals can harm the growth and development of babies and young children.

Salmon spend only a short time in the river. They are nutritious and good for your heart and brain.



Trained Community Health Advocates partner with the program agencies to conduct community-based health education.

**FUN TO CATCH
TOXIC TO EAT**

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON
El único pescado del río Duwamish que es seguro para comer es el salmón

Public Health
Seattle & King County



For more information:

www.kingcounty.gov/duwamish-fishing | 206-263-0906 | grupoasesorlatino@gmail.com

GAL
GRUPO
ASESOR
LATINO

Grilled Salmon Tacos w/ Mango Salsa

INGREDIENTS (for 4 servings)

4 to 6 oz. salmon fillets

1 tsp. garlic powder

1 tsp. chili powder

Salt and pepper to taste

Olive oil for cooking

Mango Salsa

½ avocado, diced

½ mangoes, diced

½ red peppers, diced

½ red onion, diced

1 small jalapeño, chopped (opt)

½ bunch cilantro, chopped

1 tsp. Olive oil

Salt and pepper to taste

1 lime

DIRECTIONS

In a medium bowl, stir together avocado, mangoes, red peppers, onions, jalapeño, cilantro, olive oil, salt and pepper. Squeeze fresh lime juice over salsa, mix well. Set aside until ready to use.

Stir together garlic, chili powder, and salt & pepper. Drizzle olive oil onto salmon. Rub seasoning mixture into salmon fillets. Grill or cook in pan over medium heat for 6-8 min on each side. (Baking is also an option at 375 degrees)

Once salmon is cooked, top with mango salsa, serve and enjoy!

*Note: recommended serving on warmed tortillas

Recipe by: CHA Jennifer Teo

