



Grilled White Fish with Pineapple Salsa

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

Lightly grilled white fish with fresh pineapple salsa. Click [here](#) to learn how to cut a pineapple

Prep time: 15 mins Cook Time: 6 mins Total Time: 21 mins

Serves 4

Ingredients:

Pineapple Salsa:

½ medium pineapple, cleaned and finely diced

¼ medium red onion, peeled and finely diced

½ medium jalapeno, seeded and minced

½ cup (120 mL) fresh cilantro, chopped

Zest and juice of 1 medium lime

¼ teaspoon (1.25 mL) kosher salt

¼ teaspoon (1.25 mL) ground black pepper

Grilled Whitefish:

4–4 oz. (.1 kg) white fish filets (halibut, cod, haddock, tilapia, mahi mahi, flounder, etc)

½ tablespoon (7.5 mL) olive oil

¼ teaspoon (1.25 mL) kosher salt

¼ teaspoon (1.25 mL) ground black pepper

Instructions:

1. In a medium glass bowl, stir together the salsa ingredients. Cover and place in the refrigerator.
2. Heat the grill or a grill pan to medium heat. Brush the oil on all sides of the fish filets and sprinkle with salt and black pepper. Place them on the hot grill and cook 2-3 minutes per side or until flakes easily.
3. Serve grilled fish with scoops of pineapple salsa. Store any leftover salsa in the refrigerator for up to 4 days.

Cooking Tip: Use the back of a fork to gently press the thickest part of the fish filet to test doneness. If it bounces back, it is not done. If it starts to flake apart, it is done.

Substitution Tip: Try diced peaches or mango instead of pineapple.

Nutrition:

Serving Size: ¼ recipe

Calories: 156

Sugar: 10g

Sodium: 143mg

Fat: 3g

Saturated Fat: 0g

Unsaturated Fat: 3g

Trans Fat: 0g

Carbohydrates: 14g

Fiber: 2g

Protein: 23g

Cholesterol: 0mg