

Grilled Halibut & Fresh Mango Salsa

TriHealth Dietician Approved



Quick facts

- Yields: 4 servings
- Serving size: 1/4 of recipe
- Calories: 295 kcal
- Carbs: 19.5 g
- Fat: 7.8 g
- Protein: 37 g
- Sodium: 687 mg

Ingredients

- ☐ 2 cups plum tomatoes, seeded and diced
- ☐ 1 1/2 cups diced peeled ripe mango
- ☐ 1/4 - 1/2 cup diced onion
- ☐ 1/4 - 1/2 cup chopped fresh cilantro
- ☐ 2 tablespoons fresh lime juice
- ☐ 1 tablespoon cider vinegar
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon salt, divided
- ☐ 1 teaspoon black pepper, divided
- ☐ 2 cloves garlic, minced
- ☐ 4 (6-ounce) halibut fillets
- ☐ 1 tablespoon olive oil

Instructions

1. Prepare grill.
2. Combine 2 cups plum tomatoes, seeded and diced, 1 1/2 cups diced peeled ripe mango, 1/2 cup diced onion, 1/2 cup chopped fresh cilantro, 2 tablespoons fresh lime juice, 1 tablespoon cider vinegar, & 1 teaspoon sugar.
3. Stir in 1/2 teaspoon salt, 1/2 teaspoon pepper, and garlic.
4. Rub halibut with oil; sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper.
5. Place fish on grill rack; grill 3 minutes on each side or until fish flakes easily when tested with a fork. Serve with mango salsa.

Bon Appetit!

Recipe source: not specified