

Grilled Halibut & Tropical Salsa

Yields: -six 2 unit portions protein/1 unit carbs
-five 3 unit portions protein/1 unit carbs
-four 4 unit portions protein/1 unit carbs
* recipe makes four 4 unit portions as it is stated
with 1 filet & 1/2 cup Salsa
-three 5 unit portions protein/2 unit carbs

Tropical Salsa Ingredients:

2 cups Roma tomatoes, seeded and diced
1 1/2 cups ripe Mango, peeled and diced
1 cup Pineapple, diced
1/2 fresh Cilantro, chopped
2 Tbsp. fresh Lime Juice
1 Tbsp. Cider Vinegar
2 packets Splenda
1 tsp. Kosher salt, divided in 1/2
1 tsp. Black Pepper, divided in 1/2
2 cloves Garlic, minced

Fish:

four 6 oz. Halibut Fillets
1 Tbsp. Light Extra Virgin Olive Oil

Directions:

Step 1: Combine all the Salsa ingredients in a bowl, using only 1/2 tsp. of each salt & pepper; Cover and refrigerate while you are preparing the fish.

Step 2: Rub the fish filets with the Olive Oil.

Combine the remaining 1/2 tsp. of salt & pepper and sprinkle over the fish.

Step 3: Heat a grated skillet sprayed with a light coating of Olive Oil spray over medium-high heat. When skillet is hot, add the filets and grill for about 3 minutes per side or until fish flakes easily when tested with a fork.

