

Grilled Fish with Lime and Salsa

Turn a simple white fish into fancy fare with just a little olive oil, lime juice and salsa. Serve with brown rice or a baked sweet potato, and a large salad or cooked veggies.

Ingredients

- 1 Tbsp. olive oil
- 2 Tbsp. lime juice
- 1 lb. fish, firm flesh (halibut, cod, flounder)
- 1 cup salsa, preferably fresh
- 1 lime
- Nonstick cooking spray

Preparation

1. Prepare a charcoal grill, or preheat the broiler and prepare the broiler pan with nonstick cooking spray.
2. Combine the oil and lime juice, then brush over the fish. Grill or broil until fish is opaque, about 6 minutes (depending on thickness of the fish).
3. Top with salsa and lime slices and serve immediately.



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 161

Fat 5g

Saturated Fat 1g

Cholesterol 42mg

Sodium 356mg

Carbohydrate 5g

Dietary Fiber 1g

Protein 24g

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