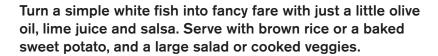
## Grilled Fish with Lime and Salsa



## **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



- 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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