

Grilled Tilapia with Mango Salsa

Ingredients:

Servings: 4

Tilapia:

- 1/3 cup extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp minced fresh parsley
- 1 clove garlic, minced
- 1 tsp dried basil
- 1 tsp ground black pepper
- 1/2 tsp salt
- 2 (6 ounce) tilapia fillets

Mango Salsa:

- 1 large ripe mango, peeled, pitted and diced
- 1/2 red bell pepper, diced
- 2 tbsp minced red onion
- 1 tbsp chopped fresh cilantro
- 1 jalapeño pepper, seeded and minced
- 2 tbsp lime juice
- 1 tbsp lemon juice
- Salt and pepper to taste

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Directions:

1. Whisk together the olive oil, 1 tbsp lemon juice, parsley, garlic, basil, 1 tsp pepper and 1/2 tsp salt in a bowl. Pour marinade into a resealable plastic bag.
2. Add the tilapia fillets, coat with the marinade, squeeze out excess air and seal the bag. Marinate in the refrigerator for 1 hour.
3. Prepare the mango salsa by combining the mango, red bell pepper, red onion, cilantro and jalapeño pepper in a bowl. Add the lime juice, 1 tbsp of lemon juice and toss well. Season to taste with salt and pepper and refrigerate until ready to serve.
4. Preheat an outdoor grill for medium-high heat and lightly oil grate.
5. Remove the tilapia from the marinade. Discard the remaining marinade.
6. Grill the fillets until the fish is no longer translucent in the center and flakes easily with a fork. Approximately 3 to 4 minutes per side, depending on the thickness of the fillets.
7. Serve the tilapia topped with mango salsa.

Nutrition Facts per serving:

Calories: 316 • Fat: 20g • Sodium: 350mg
Carbohydrates: 16.5g • Fiber: 2g • Protein: 18g

Source: *www.allrecipes.com*



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