



## Grilled Fish with Pineapple-Jalapeño Salsa

**Prep: 5 minutes**

**Grill: 10 minutes • Serves: 4**

- 1 tablespoon fresh lime juice
- 1 tablespoon honey
- 1/8 teaspoon ground cayenne pepper
- 1/2 (1½-pound) pineapple, finely chopped (about 2 cups)
- 1/2 jalapeño pepper, seeded, if desired, and finely chopped (about 1 tablespoon)
- 1/2 small red onion, finely chopped (about 1/2 cup)
- 1/4 cup chopped fresh cilantro leaves
- 1/2 teaspoon ground coriander
- 1/2 teaspoon paprika
- 1/2 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- 1½ pounds cod or tilapia
- Nonstick cooking spray

**1.** Line outdoor grill rack with aluminum foil; prepare grill for direct grilling over medium-high heat. In medium bowl, stir lime juice, honey and cayenne pepper until combined; add pineapple, jalapeño, onion and cilantro and toss until well combined. Makes about 2½ cups.

**2.** In small bowl, combine coriander, paprika, salt and pepper. Evenly sprinkle fish with coriander mixture; spray fish with nonstick cooking spray. Place fish on prepared grill rack; cover and cook 8 to 10 minutes or until fish flakes easily with fork, turns opaque throughout and internal temperature reaches 145°. Serve fish with salsa.

*Approximate nutritional values per serving:*

*206 Calories, 1g Fat (0g Saturated), 74mg Cholesterol, 342mg Sodium, 17g Carbohydrates, 2g Fiber, 32g Protein*