



Grilled White Fish with Avocado Relish



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Puget Sound



198 calories



1g saturated fat



69mg sodium

This super simple fish dish needs a bit of time to marinate but then cooks up in just minutes! It's perfect for a quick and easy evening meal. Prep the ingredients before you head out the door for the day.

Ingredients

Marinade

1 Tbsp **olive oil**

Zest of 1 medium **lime**

1 lb **mild white fish fillets**,
such as cod or halibut, rinsed
and patted dry

Relish

1 medium **avocado** diced

1 8-oz can **pineapple tidbits**
in their own juice, drained

3 Tbsp **red onion** diced

3 Tbsp fresh **cilantro** chopped

Juice of 1 medium **lime**

Directions

- 1 In a medium glass bowl, stir together the oil and lime zest. Add the fish, turning to coat. Cover and refrigerate for at least an hour, but no more than 12 hours, turning occasionally if marinating for more than 1 hour.
- 2 Shortly before the fish is ready to be cooked, in a separate medium bowl, gently fold together the relish ingredients. Set aside.
- 3 Preheat the grill on medium high. Drain the fish, discarding the marinade. Place the fish on the grill with the short end facing 10 o'clock. Grill for 1 to 2 minutes, or until dark grill marks appear on the fish. Rotate the fish so that the short end is facing 2 o'clock. Grill for 1 to 2 minutes. Turn over the fish. Turn off the heat directly under the fish but keep all the other burners on medium high (indirect cooking). Close the grill lid. Cook the fish until it flakes easily when tested with a fork but is still very moist. (The fish should no longer be opaque in the center.)
- 4 Transfer the fish to plates. Top with the relish. Serve immediately.



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