

# Fish with Fruit Salsa

Makes 4 servings | Protein • Fruit • Vegetables • Grains

## Ingredients

- 2 tomatoes, diced or 1 cup canned diced tomatoes
- ¼ onion, diced
- 1 cup canned, fresh, or frozen peaches, pears, mangoes, or oranges, drained and chopped
- 1 Tablespoon cilantro, chopped
- Salt and lemon/lime juice to taste
- 2 cups rice, uncooked
- 1 pound fish fillets, fresh or frozen (cod, halibut, salmon, tilapia, etc.)
- Nonstick spray

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine tomatoes, onion, peaches, cilantro, salt, and lemon/lime juice in a bowl. Set in the refrigerator to let flavors combine.
3. Cook rice according to package instructions.
4. Cook fish according to package instructions. Spray a skillet or baking sheet with nonstick spray before cooking. Try baking, grilling, or pan-searing fish for different textures. Fish is cooked when it reaches 145°F on a food thermometer.
5. If fish has skin, remove it after cooking.
6. Divide rice and fish among 4 plates. Top with fruit salsa.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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