

# SPICY TILAPIA WITH PINEAPPLE-PEPPER RELISH

May 12 2010

*Fresh pineapple chunks, now widely available in supermarkets, speed the prep for this relish. Serve with coconut rice (substitute light coconut milk for some of the water to cook it). Round out menu with a romaine lettuce salad tossed with lime dressing.*

Yield: 4 servings (serving size: 1 fillet, about ½ cup relish, and 1 lime wedge)

2 teaspoons canola oil  
1 teaspoon Cajun seasoning  
¼ teaspoon kosher salt  
¼ teaspoon ground red pepper  
4 (6-ounce) tilapia fillets  
1 ½ cups chopped fresh pineapple chunks  
⅓ cup chopped onion  
⅓ cup chopped plum tomato  
2 tablespoons rice vinegar  
1 tablespoon chopped fresh cilantro  
1 small jalapeno pepper, seeded and chopped  
4 lime wedges

Heat oil in a large nonstick skillet over medium-high heat. Combine Cajun seasoning, salt, and pepper in small bowl. Sprinkle fish evenly with spice mixture. Add fish to pan, and cook for 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Combine pineapple and next 5 ingredients (through jalapeno) in a large bowl, stirring gently. Serve pineapple mixture with fish. Garnish with lime wedges.

## Nutrition Information

**CALORIES 228 (22% from fat); FAT 5.5g (sat 1.2g, mono 2.2g, poly 1.4g); IRON 1.2mg; CHOLESTEROL 85mg; CALCIUM 29mg; CARBOHYDRATE 11.2g; SODIUM 328mg; PROTEIN 34.9g; FIBER 1.5g**

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