

Mahi Mahi with Pineapple Salsa

Chef Jim Newcomb

Yesterday's Restaurant Bar

Nutritional Facts

Serving Size: 1

Calories - 292

Protein - 34

Fat - 2

Sodium- 16

Ingredients:

1 ea 6 oz mahi fillet

½ pineapple - skinned, cored and large diced

½ red pepper - medium diced

1 jalapeno pepper - seeded small diced

2 ea scallions - medium diced

½ bunch cilantro - rough chopped

Juice of 2 limes

Salt & pepper to taste



Directions for Mahi Mahi:

Fire-up the broiler and prep the salsa. Broil the Mahi Mahi fillet for approximately 10-12 minutes. *(This time will depend on the broiler as well as the thickness of the fillet).* Plate and finish with salsa.