

GRILLED MAHIMAHI WITH PEACH AND PINK GRAPEFRUIT RELISH

**Advanced Lifestyle** 

## **Ingredients**

1/3 cup rice vinegar

2 TBS brown sugar

½ cup finely chopped red onion

2-1/2 cups diced peeled ripe peaches (about 1-1/2 pounds or 6 medium peaches)

1-1/2 cups pink grapefruit sections (2 large grapefruits)

½ cup small mint leaves

3/4 TSP Morton's "lite" salt, divided

½ TSP black pepper, divided

6 (6 oz.) mahimahi or other firm whitefish fillets (about 3/4" thick)

cooking spray

## **Instructions**

- 1. Prepare grill.
- 2. Place vinegar and sugar in a small saucepan. Bring to a boil. Remove from heat.
- 3. Place onion in a large bow. Pour vinegar mixture over onion, tossing to coat. Cool.
- 4. Add peaches, grapefruit, mint, 1/4 TSP salt and 1/4 TSP pepper to onion. Toss gently.
- 5. Sprinkle fish with ½ TSP salt and 1/4 TSP pepper. Place fish on grill rack coated with cooking spray. Grill 5 minutes on each side or until fish flakes easily when tested with a fork.

Portion-Per-Serving Information: (Yields 6servings)

Serving = 1 mahimahi fillet and about 2/3 cup peach relish = 1 PR, 1 FR