



THANK COD FOR LISA

Basic Lifestyle

Ingredients

2 fresh or frozen cod filets
2 peaches, peeled and diced
juice of 1 lime
small bunch fresh cilantro
Mrs. Dash's "Extra Spicy" Seasonings
Pam cooking spray

Instructions

1. Season cod with spicy seasonings.
2. Cook cod in hot pan using Pam spray.
3. To make salsa: Combine diced peaches, lime juice, cilantro. Chill ½ hour.
4. Serve salsa on the side or on top of fish.

Portion-Per-Serving Information (Yields 2 servings):

1 serving = 1 filet, ½ salsa = 1 P, 1 FR