Mango Salsa served with Fish & Chips

1/3 c. diced yellow bell peppers

1/3 c. diced tomatoes

¼ c. diced red onion

1 T. chopped fresh cilantro

1 T. mango ready made drink

In a small bowl, combine all ingredients. Refrigerate until use.

Servings: 1 cup of veggies. (use half a bottle and entire vegetable if making for a large group)

Fish

Feel free to use your fish of choice. Recommended: mahi mahi or salmon.

Pat fish dry with a paper towel. Spray both sides of fish with oil mister. Sprinkle both side of fillets with seasoning of choice (Creole or Cajun seasoning recommended).

Add 1-2 tsp. of olive oil to a frying pan. Heat on medium/medium high heat.

When oil is hot, add fish to pan and cook 3 minutes on each side or until fish flakes easily with a fork.

\*\*Serve fish on a platter with mango salsa and a side of chips.\*\*

Recipe taken from Janeva’s Ideal Recipes, by Janeva Eickhoff. Cookbook available at the Christie Clinic Transformations Clinic.