



## Broiled Fish with Avocado Salsa

- 1 yellow bell pepper, cut into ½-in. pieces
- ¾ cup grape tomatoes, halved
- ½ cup diced cucumber
- ½ cup minced red onion
- ¼ cup chopped cilantro
- 1 Tbsp. lemon juice
- 1 Tbsp. minced jalapeño pepper
- 1¾ tsp. salt
- 2 Hass avocados, halved, pitted, peeled and cut into ½-in. cubes
- 6 tilapia fillets (8 oz. each)
- 1 Tbsp. olive oil
- 1 Tbsp. ground coriander
- Lemon or lime wedges, for garnish



1. In medium bowl, stir together bell pepper, tomatoes, cucumber, onion, cilantro, lemon juice, jalapeño and 1 teaspoon salt. Add avocados and toss gently to combine. Refrigerate salsa until ready to use.
2. Preheat broiler. Rub tilapia with oil; then sprinkle with coriander and remaining ¾ teaspoon salt. Broil 4 inches from heat 5 to 6 minutes until fish just flakes when tested with fork. Serve fish topped with salsa and garnished with lemon wedges.

Makes 6 servings

Per serving: 334 calories, 14 g fat, 9 g carbohydrates (4 g fiber), 46 g protein, 780 mg sodium

