

Get Smart Mahi Mahi Burger with Pineapple Salsa

Ingredients:

- 4 mahi mahi fillets (4 oz each)
- 1 Tbsp. grape seed oil
- Lemon pepper
- 1 cup fresh pineapple, diced
- ½ cup red bell pepper, diced
- 2 Tbsp. fresh cilantro, minced
- 2 Tbsp. shallot, minced
- Salt and pepper to taste
- Large romaine/ iceberg lettuce leaves or Orowheat Multi-Grain "Sandwich Thins" (only 100 calories)

Preparation:

1. Preheat grill to medium hot.
2. To make pineapple salsa: mix pineapple, red bell pepper, cilantro, shallot and season with salt and pepper. Set aside.
3. Brush fillets with oil and sprinkle with lemon pepper.
4. Grill fillets about 5 minutes per side or until mahi mahi flakes easily when tested with fork. Serve on romaine leaves or buns with pineapple salsa.

Serves 4

Recipe from [*"Get Healthy With the Brain Doctor's Wife"*](#) by Tana Amen