

Mahi Mahi with Orange, Avocado & Onion Salsa

Serves 2.

2 mahi mahi fillets
2 teaspoons olive oil

Salsa

1 orange, cut and segmented
1/2 cup avocado, diced
1/3 cup red onion, finely chopped
1 teaspoon jalapeño pepper, minced
3 teaspoons fresh lime juice
Salt and pepper, to taste

Combine salsa ingredients gently, so as not to crush the avocado. Heat olive oil in a heavy medium-size skillet over medium-high heat. Sauté mahi mahi fillets until golden brown on both sides and cooked through, about four to five minutes each side. Transfer to plates and divide salsa among each fillet.