



aprons

Basil-Pepper Fish with Rice and Grilled Vegetable Relish



INGREDIENTS

4 frozen white fish fillets (such as cod, haddock, or tilapia), thawed (about 20 oz)

1 medium mango

1 medium red bell pepper

1 medium zucchini

1 small red onion

Olive oil cooking spray

4 oz baby arugula

4 tablespoons lemon vinaigrette, divided

1/2 teaspoon kosher salt

1/2 teaspoon coarsely ground pepper

1 (10-oz) bag frozen brown rice

1 (0.75-oz) package fresh basil, finely chopped and divided

1 (15.5-oz) can reduced-sodium cannellini beans, drained and rinsed

1 teaspoon minced garlic

1 cup fresh prediced tomatoes

STEPS

1. Preheat grill. Peel mango and slice into large pieces. Seed, core, and quarter pepper. Quarter zucchini lengthwise. Slice red onion into 2-inch-thick rings.
2. Coat mango, peppers, zucchini, and onions with spray; grill 2–3 minutes on each side or until charred but still crisp. Chop grilled fruit and vegetables, and arugula, finely; toss with 2 tablespoons vinaigrette, then set vegetable relish aside.
3. Coat fish with spray; season with salt and pepper. Grill 4–5 minutes on each side or until grill-marked and 145°F. Cook rice following microwave package instructions.
4. Chop basil (leaves only; 1/2 cup). Drain and rinse beans. Place rice in medium bowl; stir in beans, garlic, tomatoes, remaining 2 tablespoons vinaigrette, and 1/4 cup basil. Serve fish over rice, topped with vegetable relish and remaining 1/4 cup basil.

NUTRITIONAL INFORMATION

CALORIES (per 1/4 recipe) 300kcal; FAT 6.00g; SAT FAT 0.00g; TRANS FAT 0.00g; CHOL 55mg; SODIUM 700mg; CARB 37g; FIBER 3.00g; SUGARS 9g; PROTEIN 25g; CALC 10%; VIT A 0%; VIT C 0%; IRON 15%