



Chef Meg's Grilled Perch with Cilantro Sauce and Citrus Salsa

Serves 4

From www.sparkpeople.com

CILANTRO OIL:

1 cup cilantro leaves
2 Tbsp olive oil
1 jalapeno, seeds removed
¼ cup water

CITRUS SALSA:

1 pink grapefruit
1 orange
2 limes
pinch salt
1 teaspoon cilantro, chopped

1. Preheat grill. Prepare cilantro sauce by placing the cilantro in a small food processor or blender. Add jalapeno and oil. Puree. Remove from blender and whisk in water. Set aside.
2. Segment the fruit over a bowl by taking off the rind and pith (white part) with a knife. Once all the white pith is removed make V shape strokes with a small knife in between each membrane to remove the fruit. Squeeze membrane segments to release any leftover juice. Place the fruit in a small sauce pan and warm. Once warm, toss in 1 tsp. chopped cilantro.
3. Brush grill to clean grates. Season fish with salt and white pepper. Place on grill and cook for 2-3 minutes. Turn and continue to grill for 2 minutes or until fish flakes and becomes firm. Place a serving of fruit salsa onto a plate. Top with 3 ounces of fish. Garnish with cilantro sauce, and salsa verde if desired.

Nutritional Information:

Calories: 241 Total Fat: 8g
Total Carbohydrate: 13g Protein: 29g