

Lo-cal Fish Lettuce Wraps (makes two servings)

Total Prep time: 30 minutes

Total Cook time: 10 minutes

Ingredients:

Nonfat cooking spray

8 oz fresh Mahi Mahi or other firm fish, cut into bite size pieces

Juice of 1 lime

1 garlic cloves, minced

1 teaspoon ground black pepper

1/2 tablespoon cajun seasoning

2 fresh scallions, coarsely chopped

1 fresh jalapeno, coarsely chopped

1/2 cup fresh red bell pepper, chopped

1/2 tomato, diced

1/2 cup cilantro, chopped

1/2 cup onion, chopped

6 Bibb or Boston lettuce leaves

Prepare marinade mix

Place fish pieces in a medium size dish. Add the garlic, black pepper, cajun seasoning, scallions, jalapeno, and red bell pepper. Mix well and let marinate in the refrigerator for 15 to 20 minutes.

Cook

Spray a nonstick pan with cooking spray. Saute the mixture, stirring frequently, on medium high heat until the fish is fully cooked, about 5 to 7 minutes.

Serve

Remove from pan and place two or three tablespoons on a lettuce leaf. Top with diced tomato, onion, and cilantro.