



### Grilled Tilapia with Mango Salsa

Serves: 3-4 Serving Size: 3oz fillet ½ cup salsa

#### Ingredients:

##### Marinade

- 1/3 cup extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon minced fresh parsley
- 1 clove garlic, minced
- 1 tsp dried basil
- 1 tsp ground black pepper
- ½ tsp salt
- 2 (6 ounce) tilapia fillets

##### Salsa

- 1 large ripe mango, peeled, pitted and diced
- ½ red bell pepper, diced
- 2 Tbsp minced red onion
- 2 tablespoons lime juice
- 1 tablespoon lemon juice
- salt and pepper to taste

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#### Steps:

1. Whisk together the olive oil, 1 Tbsp lemon juice, parsley, garlic, basil, 1 tsp pepper, and ½ tsp salt in a bowl and pour into a resealable plastic bag. Add the tilapia fillets, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.
2. Prepare the mango salsa by combining the mango, red bell pepper, red onion and cilantro in a bowl. Add the lime juice and 1 tablespoon of lemon juice, and toss well. Season to taste with salt and pepper, and set aside until ready to serve.
3. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
4. Remove the tilapia from the marinade, and shake off excess. Discard the remaining marinade. Grill the fillets until the fish is no longer translucent in the center, and flakes easily with a fork, 3 to 4 minutes per side, depending on the thickness of the fillets. Serve the tilapia topped with mango salsa.

#### Nutrition Facts (per serving):

Calories: 226, Protein: 23g, Fat: 5.3g, Saturated Fat: 1.3g, Carbohydrates: 17.6g, Sugars: 16g, Sodium: 274mg

Recipe source: <https://www.allrecipes.com/recipe/166771/grilled-tilapia-with-mango-salsa/>

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