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PLANK-GRILLED FISH FILLETS WITH SWEET SALSA provided by Kara Burpee, Acupuncturist Yellowstone Naturopathic Clinic

INGREDIENTS:

- 1 cedar plank
- 1 fresh mango –peeled, seeded and diced
- ½ fresh pineapple or 1 can pineapple – cored and diced
- 5 Roma tomatoes - diced
- ½ green pepper, ½ orange pepper – diced
- 1 avocado – peeled, pitted and diced
- 1 lemons, sliced
- 6 oz fish fillets
- 1 jalapeno pepper, minced
- 1 medium onion, diced
- 1 clove fresh garlic, minced
- ¼ cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 lime, sliced

METHOD

In a glass bowl, combine the mango, pineapple, tomatoes, peppers, garlic, onion and avocado. Stir to mix. Add the lime juice and fresh cilantro. Salt and pepper to taste if desired. Cover and refrigerate at least 1 hour before serving. The longer you let this sit the better the flavors will mix.

Soak the plank in water for at least 2 hours, longer if possible.

Prepare the grill for indirect grilling. This means the heat is on one half of the grill (coals or burner) and you will cook on the other half of the grill.

Arrange the fish fillets on the plank. Place the plank on the grill over direct heat. Cover and cook for 10 minutes. Move the plank to the half of the grill and cook over indirect heat for 10 more minutes or until the fish can be flaked with a fork. Top with the mango salsa and serve warm with brown rice or couscous and a fresh salad.



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