



## *Swordfish with Mango Salsa*

I was speaking with a gal the other day and she said her favorite meal was swordfish with mango salsa. I've wanted to try swordfish for a long time, but, hadn't. So, I decided that night was the night. Rather than try to find a recipe, I figured I'd just go with what was in my mind. It was delicious! This is what I did . . . .

Swordfish is a pretty mild flavor. I just rubbed it with a little olive oil and sprinkled it with salt and pepper. That is all that it needs. You can either BBQ it or sauté it in a pan. Either way, don't overcook. Overcooked fish is terrible!!

The salsa . . .

- 1 Mango diced small
- 1/3 cup cucumber diced small
- 1/2 red onion small dice
- 2 Tablespoons cilantro - rough chop
- Juice of one or two limes (depending on how juicy they are)
- a dash or two of chili powder
- a little honey or agave syrup (just a little to brighten the sweetness of the mango)
- salt & pepper to taste
- Optional - if you like more heat - add a little sriracha sauce

I paired this with some sautéed swiss chard. Top the swordfish with the salsa and you have a beautiful, fresh meal and no time.