

Blackened Fish with Strawberry Kiwi Salsa

Cooking spray
4 fish fillets (4 ounces each) – tilapia, flounder, or sole
2 Tbsp chili powder
2 tsp garlic powder
2 tsp cumin
2 tsp paprika
½ tsp salt

In a small bowl, mix dry ingredients. Generously coat fish with seasoning mixture on one side. Spray skillet with cooking spray, and heat over high heat. Place fish in pan, seasoning side down, and cook for 3 minutes. While cooking, generously coat the other side with seasoning mixture. Flip fish, and cook for 3 more minutes. Serve with Strawberry Kiwi Salsa (recipe below).

Strawberry Kiwi Salsa

1 ½ cups diced strawberries
1 medium kiwi, peeled and diced
½ medium cucumber, peeled and diced
2 Tbsp chopped fresh cilantro
2 tsp lemon juice
¼ cup red onion, thinly sliced (optional)
¼ medium jalapeno, seeded and minced (optional)

Place all ingredients in a medium bowl, and toss. Chill for 1-2 hours to allow the juices and flavors to blend. Serve salsa over fish.