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### **Tropical Mahi Mahi with Pineapple Salsa**

Yield: 4 servings

#### *For mahi mahi:*

4 filets of mahi mahi  
1 cup pineapple juice  
2 tbsp. smoked paprika

#### *For pineapple salsa:*

20 oz pineapple chunks, cut into small pieces  
(or just use the "pineapple tidbits")  
½ of a red onion, finely chopped  
½ of a green bell pepper, diced into small pieces  
½ of a red or orange bell pepper, diced into small pieces  
5 medium tomatoes, diced into small pieces  
½ of a jalapeño pepper, diced into very small pieces  
1 large handful fresh cilantro, stems removed and coarsely chopped

#### *For the sour cream-lime sauce:*

½ cup low fat sour cream  
2 tbsp. lime juice  
1 small bunch fresh cilantro, stems removed and coarsely chopped



1. Drain the pineapple (reserve the juice for the mahi mahi), cut into small pieces, and place in a medium mixing bowl. Add all remaining ingredients for the salsa. Toss to mix evenly. Set aside.

2. Pour the pineapple juice into a baking dish that is large enough to place all four mahi mahi filets without overlapping. Place the fish into the dish, partially submerged in the juice. Sprinkle each filet with roughly ½ of a tablespoon of smoked paprika. Bake at 375°F until cooked through, about 17-25 minutes, depending on the thickness of the fish.

3. In a small mixing bowl, combine the sour cream, lime juice, and cilantro.

4. Once the fish is fully cooked, serve topped with or alongside the pineapple salsa and sour cream-lime sauce.