Ingredients:

- 1 mango, peeled and cut into 1/2-inch cubes
- 2 plum tomatoes, cut into 1/4-inch cubes
- 1/2 medium red onion, finely chopped
- 1/2 jalapeño pepper, seeded and minced
- 1/4 teaspoon grated lime zest
- 3 tablespoons fresh lime juice
- 2 tablespoons minced cilantro leaves
- 1/8 teaspoon salt
- Pinch cayenne pepper
- 1 pound mahi-mahi fillets
- 2 teaspoons olive oil
- 1/4 teaspoon ground black pepper
- 12-16 Boston, butter, or romaine lettuce leaves

Directions:

Preheat grill (or a grill pan) for direct grilling over medium high heat.

In medium bowl, combine the mango, tomatoes, onion, jalapeño, lime zest and juice, cilantro, salt, and cayenne. You should have about 2 cups.

Brush fish with olive oil and sprinkle with the black pepper. Grill fish, turning once, until just opaque in center, 4–5 minutes per side.

Place cooked fish on a cutting board and let cool slightly. Chop into 1-inch chunks. Add fish to the mango-tomato salsa and toss gently. Serve with lettuce leaves, placing filling in the leaves and rolling up to eat.

Nutritional Information: Per serving (1 cup fish-salsa mixture in 3–4 lettuce leaves): 190 calories, 3.5 g fat (0.5 g saturated, 0 g trans), 85 mg cholesterol, 180 mg sodium, 18 g carbohydrate, 3 g fiber, 23 g protein.