



## Jalapeño-Lime Grilled Fish Sliders

**Prep: 30 minutes plus marinating**

**Grill: 6 minutes • Serves: 4**

- 1 garlic clove
- 1 small jalapeño chile pepper, stem end trimmed and coarsely chopped
- ¼ cup fresh lime juice
- 3 tablespoons Essential Everyday® extra virgin olive oil
- 1 tablespoon white tequila (optional)
- 1 teaspoon Essential Everyday® honey
- 1 teaspoon lime zest
- ½ teaspoon salt
- 4 boneless, skinless cod fillets (about 1½ pounds)
- 2 medium tomatoes (about 12 ounces), diced
- ½ English cucumber, thinly shaved with vegetable peeler
- ½ small red onion, thinly sliced
- 1 teaspoon chopped fresh cilantro leaves
- 8 slider buns, dinner rolls or Hawaiian rolls, heated according to package directions

**1.** In blender, blend garlic, jalapeño, lime juice, oil, tequila (if using), honey, lime zest and salt until smooth. Makes about ½ cup marinade. Place fish in large zip-top plastic bag. Reserve 3 tablespoons marinade; pour remaining marinade in bag. Seal bag, pressing out excess air. Gently massage fish in bag to coat; refrigerate 1 hour.

**2.** Prepare outdoor grill for direct grilling over medium heat. Meanwhile, in medium bowl, combine tomatoes, cucumber, onion, cilantro and 3 tablespoons reserved marinade until well combined.

**3.** Place fish on hot grill rack; cover and cook 6 to 8 minutes or until internal temperature reaches 145°.

**4.** Cut fish into large pieces. Fill buns with fish and relishes (recipes follow) and serve with tomato mixture.

*Approximate nutritional values per serving:*

*391 Calories, 13g Fat (2g Saturated), 79mg Cholesterol,  
1068mg Sodium, 34g Carbohydrates, 2g Fiber, 32g Protein*



## Tomatillo Relish

**Prep: 20 minutes**

**Grill: 5 minutes • Makes: about 1 cup**

- 6 medium tomatillos, husks removed, rinsed, and cut crosswise in half through stem
- Essential Everyday® cooking spray
- 1 garlic clove, minced
- 1½ tablespoons fresh lime juice
- 1 tablespoon Essential Everyday® extra virgin olive oil
- ¼ teaspoon ground coriander
- ¼ teaspoon salt

**1.** Prepare outdoor grill for direct grilling over medium heat. Lightly spray cut sides of tomatillos with nonstick cooking spray. Place tomatillos, cut side down, on hot grill rack; cover and cook 4 to 5 minutes or until lightly charred. Transfer tomatillos, cut side up, to plate; cool 5 minutes. Core and chop tomatillos.

**2.** In small bowl, combine remaining ingredients and chopped tomatillos. Makes about 1 cup relish.

*Approximate nutritional values per serving (each ¼ cup):*  
 48 Calories, 4g Fat (1g Saturated), 0mg Cholesterol,  
 145mg Sodium, 4g Carbohydrates, 1g Fiber, 1g Protein

## Avocado-Orange Relish

**Prep: 20 minutes**

**Makes: about 1¾ cups**

- 3 medium oranges, peeled and segmented, segments cut crosswise in half
- 2 tablespoons chopped fresh cilantro leaves
- 2 tablespoons finely chopped red onion
- 1 tablespoon fresh lime juice
- 2 teaspoons Essential Everyday® extra virgin olive oil
- ¼ teaspoon salt
- 1 pinch ground cayenne pepper
- 1 medium ripe avocado, peeled, pitted and cut into ½-inch pieces

In medium bowl, toss all ingredients except avocado until well combined; gently fold in avocado.

*Approximate nutritional values per serving (each ¼ cup):*  
 85 Calories, 5g Fat (1g Saturated), 0mg Cholesterol,  
 85mg Sodium, 10g Carbohydrates, 3g Fiber, 1g Protein

### chef tip

Fish can also be served in flour or corn tortillas topped with relishes.