

Grilled Mahi Mahi with Pineapple Salsa

¼ fresh ripe pineapple, trimmed, cored and finely diced
¼ red pepper, finely diced
½ small red onion, minced
½ jalapeno, seeded and finely minced
1 teaspoon puree chipotles in adobo
Juice of 1 lime, or to taste
Fresh cilantro, minced
Salt and pepper

1 large mahi mahi filet
1 tablespoon olive oil
All-purpose seasoning

- Add pineapple, pepper, onion, jalapeno and chipotles to a mixing bowl.
- Toss with lime juice; season with salt and pepper.
- Bring grill to medium heat. Toss fish with olive oil and seasoning.
- Grill fish, turning once, until center is cooked through.
- Remove; let stand 5 minutes. Serve with salsa.

Grilled Vegetable Salad with Citrus Vinaigrette

1 tablespoon white balsamic vinegar
Juice of ½ lemon
½ tablespoon Worcestershire sauce
1 teaspoon Dijon mustard
1 clove garlic, minced
½ teaspoon garlic powder
½ teaspoon onion powder
Zest of ½ lemon
6 tablespoons blended oil
Sea salt and freshly ground black pepper

½ zucchini, sliced
½ yellow squash, sliced
½ bell pepper, cut into segments
Olive oil
½ head romaine, chopped
1 tomato, diced
Diced fresh mozzarella

- Stir together vinegar, lemon juice, Worcestershire, Dijon, garlic and spices.
- Season with salt and pepper. While whisking, slowly add the oil. Adjust seasoning.
- Preheat grill. Toss vegetables with olive oil; season with salt and pepper. Grill to crisp tender. Remove from heat; chop.
- Add romaine, tomato and diced vegetables to bowl. Toss with dressing to coat (reserve extra). Serve topped with cheese.

Island Potato Salad

½ pound baby red bliss potatoes, cooked and cooled
2 tablespoons mayonnaise
1 tablespoon chopped pickle
½ tablespoon Dijon mustard
½ teaspoon paprika
¼ small onion, minced
2 tablespoons cooked peas
1 hard boiled egg, chopped
1 small celery rib, finely chopped
Buttermilk, to thin
Salt and pepper

- Cook the potatoes in a large pot of boiling salted water just until tender, 20 to 30 minutes.
- Drain and set aside to cool completely.
- Stir together the mayonnaise, pickles, mustard and paprika.
- Gently stir in the reserved potatoes, peas, eggs and celery.
- Season with salt and pepper. Add buttermilk if too thick.