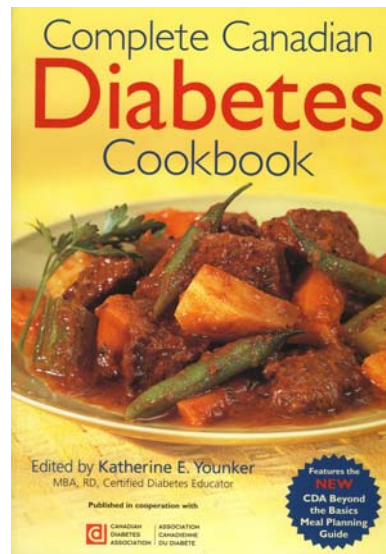


# Complete Canadian Diabetes Cookbook



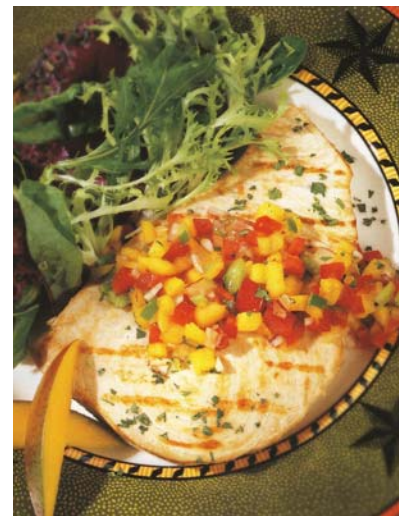
## Swordfish with Mango Coriander Salsa

### Recipe

1½ lbs	Sword fish Stakes	750 g
1 tsp	Vegetable Oil	5mL

### Salsa Recipe

1½ cups	Finely diced mango or peach	375mL
¾ cup	Finely diced red peppers	175mL
½ cup	Finely diced green pepper	125mL
½ cup	Finely diced red onions	125mL
¼ cup	Chopped fresh coriander	50mL
2tbsp	Lemon Juice	25mL
2tsp	Olive Oil	10mL
1tsp	Minced garlic	5mL



### Instructions

- Brush fish with 1 tsp (5mL) of oil on both sides. Barbecue or back fish for 10mins per inch (2.5cm) thickness, or until flakes easily when pierced with a fork.
- Meanwhile, in bowl combined mango, red peppers, green peppers, red onions, coriander, lemon juice, olive oil and garlic; mix thoroughly. Serve over fish.

### Know who to turn to

