

ALASKA POLLOCK WITH WATERMELON-STRAWBERRY BRUSCHETTA



Preparation Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

Watermelon-Strawberry Bruschetta Topping

2 cups diced watermelon

1 cup sliced strawberries and chopped yellow tomatoes

1 cup chopped yellow pear tomatoes

1/4 cup fat-free crumbled feta cheese

1/4 cup chopped fresh basil or mint leaves

Drizzle of balsamic vinegar

Freshly ground pepper, to taste

2 Tablespoons Dijon mustard

2 Tablespoons ghee, melted or avocado oil

4 Alaska pollock fillets (4 to 6 oz. each)

1/4 cup shredded Parmesan cheese, plus extra for garnish

1 bunch fresh arugula, washed and spun dry

Description:

Preheat oven to 400F.

In a medium bowl, combine all the bruschetta ingredients, except vinegar and pepper. Gently toss until well combined; set aside.

Mix Dijon and melted ghee in a small bowl. Cut fillets to fit in a spray-coated baking pan. Brush Alaska pollock with Dijon mixture, coating top surface evenly. Sprinkle 1 tablespoon Parmesan on each fillet. Bake for 8 to 10 minutes, just until fish is opaque throughout.

To serve, evenly distribute arugula on dinner plates, top with fish and spoon bruschetta topping over the fillets. Drizzle on balsamic

vinegar and sprinkle with pepper.