

## **Mahi Mahi with Peaches & Friends**

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 6-8 minutes

Serves: 4

**CChints:** Always use fish within a day of buying it. Keep well chilled until you are ready to cook. Mahi Mahi is a mild white fish that goes well with other sweet ingredients like fruit. Or you can use other mild fish like red snapper, too.

This is a fish recipe that rests on a bed of baby arugula so you want to start by making the dressing first so the flavors have time to blend.

You can use an English cucumber that doesn't have seeds but it costs a little more. Or, you can buy a regular cucumber and use a grapefruit spoon to get the seeds out.



### Dressing:

1/4 cup fresh orange juice

1/4 cup fresh lemon juice

1/8 cup minced sweet yellow onion

2 teaspoons honey

1/3 cup extra virgin olive oil

1/2 teaspoon salt

Dash of black pepper

### Fish:

4 Mahi Mahi filets

1-1/2 Tablespoon olive oil, divided

1/2 teaspoon salt, dash of pepper

1 teaspoon McCormick® Perfect Pinch® Original Chicken seasoning

6 cups prewashed baby arugula

1/2 cup small chopped seeded cucumber

2 peaches, peeled, seeded and chopped

1/2 cup crumbled goat or blue cheese

Whisk together the dressing in a mixing bowl. Start with the juices and whisk as you go until all the ingredients through the pepper are whisked together. Set this aside for now.

Rinse the fish and pat it dry. Rub both sides with some of the oil. Add the rest a large nonstick skillet over medium heat. Sprinkle each piece evenly with the seasonings on both sides. When the pan is hot, add each piece to the pan. Cover and cook for 3 minutes, then turn each piece over and cook for another 2-3 minutes until done. Remove the pan from the heat.

Divide the salad greens among the plates and top each plate with a piece of fish. Sprinkle with the cucumbers, peaches and cheese. Add the dressing and you are ready to enjoy.