



## Mahi-Mahi with Coconut and Pineapple Salsa

### **INGREDIENTS:**

- 1 large egg
- 1 tablespoon water
- 1 cup plain dried whole wheat bread crumbs
- 1/3 cup unsweetened shredded coconut
- 1 1/2 pounds mahi-mahi steaks, cut into 16 chunks
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons olive oil
- 1 can (15 ounces) juice-packed pineapple chunks, drained
- 1/4 cup minced red bell pepper
- 2 scallions, thinly sliced
- 1 tablespoon honey
- 2 teaspoons lime juice

### **DIRECTIONS:**

Preheat the oven to 375°F.

In a shallow bowl, beat the egg with the water. In another shallow bowl, combine the bread crumbs and coconut.

Sprinkle the fish with the salt and pepper. Dip in the egg mixture and then in the bread crumb mixture until well coated. Pat to adhere.

Place the fish on a baking sheet and drizzle with the oil. Bake for 15 minutes, or until the crumbs are crisp and the fish chunks can be easily pierced with the tip of a knife.

Meanwhile, in a medium bowl, combine the pineapple, bell pepper, scallions, honey, and lime juice. Serve the fish with the salsa on the side.

The Rodale Whole Foods Cookbook