



Grilled Snapper with Melon Salsa

Fresh off the vine, straight from the ocean: This delicious dinner pairs honeydews and cantaloupes with in-season seafood.

written by [LYNN WELLS](#)

Yield: 6 servings.

For the salsa:

1 cup peeled English cucumber, diced
1 cup cantaloupe, diced
1 cup honeydew, diced
¼ cup red onion, finely chopped
¼ cup lime juice
¼ cup extra-virgin olive oil
2 teaspoons fresh Italian parsley, finely chopped
1 teaspoon lime zest
¼ cup fresh cilantro, chopped
1 teaspoon salt
½ teaspoon red pepper flakes

For the fish:

Vegetable oil
6 (4- to 6-ounce) snapper fillets (about 2 pounds)
Salt
Freshly ground black pepper

For the salsa: Combine all of the ingredients in a large glass bowl and toss until well combined. Cover and refrigerate until ready to serve.

For the fish: Heat a gas or charcoal grill to medium high (about 375° to 425°) or a grill pan over medium-high heat and rub the grill or grill pan with a towel dipped in vegetable oil. Coat both sides of the fish with oil and season both sides with salt and pepper.

Place the fish on the grill and cook until dark grill marks form, about 3 minutes. Turn fish with sturdy metal spatula and grill until the fillets are just cooked through and opaque, about 3 minutes more.

Transfer the fish to individual plates, top each fillet with salsa, and serve.

Note: Snapper, grouper, and yellowfin tuna may be found in season during August.

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Lynn Wells is a personal chef with more than 20 years of experience in the food and hospitality industry and a degree in Nutrition Management from UNCG.