



Tropical Cod Wraps with Fruit Salsa

Pink pineapple takes center stage with its savory/sweet taste

- 2 small fillets wild caught Pacific cod, boned, skinless
- 1/2 Tablespoon avocado oil
- 1 to 2 teaspoons blackened pepper blend

Tropical Fruit Salsa

- 1 cup diced pink or yellow fresh pineapple
- 1/4 cup diced mango or dried apricots
- 1 green onion, diced
- 1/3 cup diced yellow sweet peppers
- 1/2 cup diced baby cucumbers
- 1 Tablespoon fresh lime juice
- 2 to 3 Tablespoons fresh cilantro, torn

Red Pepper Cream

- 1/2 to 1 cup plain Greek yogurt
- 2 Tablespoons sweet or hot red pepper relish
- 4 small Ancient Grain Naan breads, toasted

Add-Ons: shredded purple cabbage, 1 sweet mini red pepper, sliced; whole hot peppers

Baking Cod Fillets:

Preheat oven to 475 degrees F. Line a rimmed baking pan with foil; generously spray with cooking spray; set aside.

Pat fish dry with paper towels. Brush both sides with oil. Sprinkle with pepper mixture.

Place fish in prepared baking pan; bake for 10 to 12 minutes or until fish reaches 145 degrees F, turning halfway through.

Prepare Tropical Salsa

In a medium bowl, gently stir together 7 salsa ingredients together to combine; set aside.

Prepare Red Pepper Cream: In a small bowl, stir together yogurt and pepper relish; set aside.

To Serve: Place toasted bread wrap on plates; sprinkle each bread with shredded cabbage; flake fish into chunks, divide among wraps; top with Tropical Relish, drizzle with Red Pepper Cream, and garnish with red pepper slices or hot peppers. Serves: 4

About the Recipe: Add an island twist to your next dinner. Toast up some whole grain wraps, add some shredded purple cabbage, divide up baked spicy cod, spoon some juicy tropical salsa over the top, and drizzle it with sweet or spicy peppered cream. It's an unexpected taste treat from a remote paradise.

What is a Pink Pineapple?

Pinkglow® pineapple features a whimsical candy-sweet pink-hued flesh that is sure to tickle your creativity in the kitchen and impress your Instagram followers.

Grown in Costa Rica's ideal climate and soil, the Pinkglow® pineapple is the result of over 16 years of meticulous development by Fresh Del Monte™. The result? A pineapple with a uniquely low-acid flavor profile, candy pineapple aromatics and unique pink flesh. Pinkglow® contains lycopene, a natural pigment that gives some produce (like tomatoes) its red color, which makes this pineapple pink! Lycopene has been associated with numerous health benefits, such as antioxidant properties including vitamin C.

For More Information See"

<https://www.melissas.com/products/pinkglow-pineapple>