

Salsa:

- 1 large ripe banana, peeled and chopped
- ½ cup finely chopped red bell pepper
- ½ cup finely chopped green bell pepper
- ½ cup chopped fresh *cilantro*
- 3 green onions, finely chopped
- 1 roasted jalapeno pepper, chopped*
- 1 tablespoon minced fresh ginger
- 2 tablespoons brown sugar
- 3 tablespoons fresh lime juice
- 1 tablespoon olive oil
- ¼ teaspoon salt
- 1/8 teaspoon pepper

Fish:

- 3 tablespoons chopped fresh *cilantro*
- 1 roasted jalapeno pepper, chopped*
- 2 tablespoons fresh lime juice
- 1 tablespoon minced fresh garlic
- 1 tablespoon minced fresh ginger
- Vegetable cooking spray
- 4 amberjack or grouper fillets

Mix salsa ingredients together; set aside. To prepare fish, combine cilantro, jalapeno pepper, lime juice, garlic and ginger; set mixture aside. Coat a grill tray with cooking spray, and place on food rack.

Montego Bay Grilled Fish with Caribbean Salsa

Heat, covered with grill lid, over hot coals (400 to 500 degrees) 10 minutes. Place fish on hot grill tray. Cook, covered with grill lid, 10 minutes. Turn fish, and spread with cilantro mixture. Cook, covered, 10 minutes or until fish flakes easily when tested with a fork. Serve with Caribbean salsa.

Serves 4.

*Note: To roast jalapenos, place on a foil-lined baking sheet. Broil 5 inches from heat 5 minutes on each side or until blistered. Place in a heavy-duty plastic bag; let stand 10 minutes. Peel and seed peppers.