

Grilled Halibut With Papaya Salsa

Try this heartburn-free recipe for a perfect summertime meal -- grilled fish with juicy fresh fruit salsa.

* Preheat barbecue to medium

4 boneless skinless halibut steaks (each 6 oz)

1 tbsp olive oil

Salt

Papaya Salsa (see recipe, below)

1. Brush halibut steaks with oil and sprinkle with salt to taste.
2. Place fish on preheated barbecue, close lid, and grill for about 10 minutes per inch of thickness, turning halfway, until fish is opaque and flakes easily when tested with a fork.
3. Spoon salsa over halibut and serve.

Variation: Try red snapper instead of halibut. Tip: Serve with steamed brown rice and vegetables for a balanced meal.

Papaya Salsa

This quick and easy salsa is a nice heartburn-free alternative to tomato salsa. Papaya, a revered digestive aid, is an added bonus.

1 cup diced papaya

1/2 cup diced drained canned mandarin oranges (optional, as tolerated)

2 tbsp snipped fresh cilantro

1 tbsp liquid honey

Salt

In a medium bowl, combine papaya, oranges (if using), cilantro, honey, and salt to taste. Serve immediately.

Makes 1 1/2 cups

Variation: Add 1/2 cup chopped mango, if desired.

Recipes reprinted from *Chronic Heartburn: Managing Acid Reflux and GERD Through Understanding, Diet and Lifestyle -- Includes More than 100 Recipes* by Barbara Wendland, MSc, RD, and Lisa Marie Ruffolo. Copyright 2006 by Robert Rose, Toronto.

<http://www.amazon.com/Chronic-Heartburn-Managing-Understanding-Lifestyle/dp/0778801349>