

# MAHI MAHI SPICY FISH TACOS

## TACO INGREDIENTS

- 1 lb Mahi mahi **OR** other white flaky fish
- 1/4 C Healthy oil
- 1 Lime (juiced)
- 1 T Chili powder (ancho)
- 1 Jalapeno (coarsely chopped)
- 1/4 C Cilantro leaves (chopped)
- 8 Taco Shells **OR** Pita bread (thin) **OR** Malawach (follow instructions on package)



## GARNISH INGREDIENTS

- 1 White cabbage (shredded)
- 2 Hot sauce
- 3 Sour cream (non-fat or low-fat)
- 4 Red onion (thinly sliced)
- 5 Green onion (thinly sliced)
- 6 Cilantro leaves (chopped)
- 7 Pureed Tomato Salsa (**recipe is below on page 2**)



## DIRECTIONS FOR FISH

- 1 Pre-heat grill to medium-high heat
- 2 Place fish in medium size dish & whisk together the oil, lime juice, jalapeno & cilantro
- 3 Pour the mix over over the fish & let it marinade (15 - 20 minutes)
- 4 Remove the fish from the marinate & place it onto a hot grill, flesh side down
- 5 Grill the fish for 4 minutes on the first side & then flip for 30 seconds & remove
- 6 Let rest for 5 minutes then flake the fish with a fork
- 7 Place the tortillas, thin pita bread or malawach on the gril for 20 seconds
- 8 Divide the fish among the tortillas & garnish with any **OR** all of the garnishes listed

## TOMATO SALSA RECIPE

CONTINUED ON PAGE 2

## TOMATO SALSA INGREDIENTS

- 2 T Healthy Oil
- 1 Red onion (small) (coarsely chopped)
- 4 cloves Garlic (coarsely chopped)
- 4 Tomatoes (large) (ripe) (chopped)
- 1 Chile (serrano)
- 1 Jalapeno (sliced)
- 1 T Chipotle hot sauce
- 1 T Oregano
- 1/4 C Cilantro (fresh) (chopped)
- Salt & pepper



## PUREED TOMATO SALSA

6 - 8 Servings

- 1 Pre-heat grill or use the broil feature on your oven
- 2 Heat oil in a medium pan & add onions & garlic & cook until soft
- 3 Add tomatoes, serrano chile & jalapeno & cook until tomatoes are soft (15 - 20 minutes)
- 4 Puree the mix with a hand-held immersion blender until smooth & cook (10 - 15 minutes)
- 5 Add the hot sauce, oregano, cilantro, lime juice & salt & pepper to taste