

Fish Tacos

(Yields: 4 servings)

Prep Time: 35 Minutes; Cook Time: 45 Minutes

Tacos:

- 1 pound white flaky fish, such as mahi mahi or orata
- 1/4 cup canola oil
- 1 lime, juiced
- 1 tablespoon ancho chili powder
- 1 jalapeno, coarsely chopped
- 1/4 cup chopped fresh cilantro leaves
- 8 flour tortillas (optional whole wheat)

Garnish:

- Shredded white cabbage
- Hot sauce ¹
- Cream or sour cream
- Thinly sliced red onion
- Chopped cilantro leaves
- California Style Salsa



Directions

1. Preheat grill to medium-high heat.
2. Place fish in a medium size resealable bag. Combine the oil, lime juice, ancho, jalapeno, and cilantro and mix well. Add to the bag and make sure the fish is covered. Let marinate for 20 minutes in the fridge, flipping it over after 10 minutes.
3. Remove the fish from the marinade place onto a hot grill. Grill the fish for 4 minutes on the first side and then flip for 60 seconds and remove. DO NOT OVERCOOK. Make sure fish is cooked through, but still tender. Let rest for 5 minutes then flake the fish with a fork.
4. Place the tortillas on the grill and grill for 20 seconds. Divide the fish among the tortillas and garnish with any or all of the garnishes.

Makes four (4) servings of 2 tacos. Per Serving*:

323 calories

12.4 grams of Fat

29.0 grams of Carbs

4.3 grams of Fibre

25.2 grams of protein

*Nutritional information provided by <http://recipes.sparkpeople.com/recipe-calculator.asp>.