

baja-style salmon tacos

Prep time: 20 minutes

Cook time: 15 minutes

fun finger food for a hot summer night

- 12 oz salmon fillet, cut into 4 portions (3 oz each)
- 4 (8-inch) whole-wheat tortillas

For taco filling:

- 1 C green cabbage (about ¼ head), rinsed and shredded
- 1 tsp lime juice
- 1 tsp honey
- ½ C red onion, thinly sliced (or substitute white onion)
- 1 medium jalapeno chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 2 Tbsp); for less spice, use green bell pepper
- 1 tsp fresh cilantro, minced (or substitute ½ tsp ground coriander)

For marinade:

- ½ Tbsp corn oil or other vegetable oil
- 1 Tbsp lime juice
- 2 tsp chili powder
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp salt

Tip: Try serving with a tomato cucumber salad drizzled with light vinaigrette.

- 1 Preheat grill or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2 Prepare taco filling by combining all ingredients. Let stand for 10–15 minutes to blend the flavors.
- 3 To prepare the marinade, combine the oil, lime juice, chili powder, cumin, coriander, and salt in a bowl.
- 4 Place salmon fillets in a flat dish with sides. Pour marinade evenly over fillets.
- 5 Place salmon fillets on grill or broiler. Cook for 3–4 minutes on each side, until fish flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 °F). Remove from the heat and set aside for 2–3 minutes. Cut into strips.
- 6 To make each taco, fill one tortilla with ¾ cup filling and one salmon fillet.



yield:

4 servings

serving size:

1 taco

each serving provides:

calories	325	total fiber	4 g
total fat	11 g	protein	24 g
saturated fat	1 g	carbohydrates	29 g
cholesterol	54 mg	potassium	614 mg
sodium	395 mg		