

Fish tacos are very popular in Mexico's Baja region and San Diego. Hundreds of restaurants and food stands offer them. Canned tuna may be substituted for white fish. Just stir the lime juice and seasonings into the drained and rinsed canned tuna and skip the cooking step. The pico de gallo recipe included here will yield extra to use later. Prepared salsa may be used in place of the pico de gallo.

1 Tablespoon fresh squeezed lime juice
1/8 teaspoon black pepper
1/4 teaspoon chili powder
1/4 teaspoon paprika
8 ounces boneless, skinless white fish filets, such as orange roughy* or tilapia
2 teaspoons canola oil
1/3 cup Harvesters' homemade pico de gallo:
 3 medium tomatoes, diced
 2/3 cup cilantro, minced
 1/2 small onion, diced (1/4 cup)
 juice of 1 to 2 limes
 1 jalapeño, seeded and minced
8 (6 inch) corn tortillas
1 (15 ounce) can no-salt added black, kidney*, or pinto beans, drained, rinsed and heated
3/4 cup cabbage, washed and shredded
1/4 cup low-fat cheddar cheese, shredded (1 ounce)
Optional toppings: fresh lime juice, chopped avocado, sour cream

Combine lime juice, black pepper, chili powder and paprika. Pour over fish and marinate in refrigerator 5-10 minutes.

Mix all pico de gallo ingredients in a medium bowl.

Heat oil in skillet over medium-high heat. Cook fish filets, flipping only once, until cooked through, about 2-4 minutes side or until fish flakes easily with a fork.

Heat tortillas in microwave for 20-30 seconds. Layer each tortilla with fish, beans, pico de gallo, cabbage and cheddar cheese and fold to serve.

Serves 4

*Calories 283; Fat 5g; Protein 20g; Carbohydrates 42g; Fiber 10g; Sodium 244mg.
*Note: Nutrition profile uses orange roughy and red kidney beans for calculations

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Total Cost (without optional toppings): \$11.73

Cost Per Serving without optional toppings (4): \$2.93

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