

Cod Tacos with Strawberry - Mango Salsa

Festive and healthy the perfect combo



Cod fish is high in vitamin B3, B6 and B12 and omega 3 fatty acids, which may help to lower inflammation and your risk of heart disease.

Ingredients (Makes 4 two-taco servings)

- 1 pound boneless, skinless cod fillets
- 1 tablespoon fresh lime juice
- ½ teaspoon chili powder
- ¼ teaspoon ground cumin
- ¼ teaspoon hot smoked paprika
- ¾ teaspoon salt, divided
- ½ teaspoon pepper, divided
- 1 tablespoon vegetable oil, divided
- 1 small onion, chopped
- 1 medium red bell pepper, cored, seeded and chopped
- 8 corn tortillas (5-inch)

Directions

Place cod on a plate. Brush one side of cod with lime juice. Combine chili powder, cumin, Place cod on a plate. Brush one side of cod with lime juice. Combine chili powder, cumin, paprika, ½ teaspoon salt and ¼ teaspoon pepper in a small cup. Rub onto cod, on lime juice side. Set aside 10 minutes while preparing vegetables.

Heat 1½ teaspoons oil in large skillet over medium heat. Add onion and bell pepper; add remaining ¼ teaspoon salt and ¼ teaspoon pepper.

Cook 7 to 10 minutes, or until vegetables are tender, stirring frequently. Remove vegetables from skillet, set aside and keep warm.

Place remaining 1½ teaspoons oil in skillet; heat over medium-high heat until sizzling. Pour off any accumulated liquid and place cod, seasoned side up, in a single layer in the skillet. Cook 3 minutes. Gently turn over and cook 4 to 6 minutes or until fish is firm and lightly browned. Remove from skillet. Flake with a fork.

While fish is cooking, wrap tortillas in a damp paper towel. Microwave for 20 to 30 seconds or until warm and tender.

To serve, arrange fish chunks on tortillas. Top tortillas with a heaping tablespoon of onion and bell pepper; fold and serve. Serve salsa on side. Note: If desired, grill cod instead.

Strawberry-Mango Salsa

Ingredients

1 cup sliced strawberries
1 cup diced ripe mango (1 small mango)
1 tablespoon minced fresh cilantro
2 teaspoons fresh lime juice
1 small green onion, minced (green part only)
1 small jalapeno chili, cored, seeded and minced
2 teaspoons honey

Directions

Combine strawberries, mango, cilantro, lime juice, green onion, chili and honey. Stir well and set aside while making tacos.

Nutritional Information (Per serving)

Calories 285
Fat 4.5 g
Cholesterol 60 mg
Sodium 530 mg
Carbohydrates 35.5 g
Fiber 5.3 g
Protein 23 g

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