

BAJA-STYLE SALMON TACOS

From Keep the Beat: National Heart Lung & Blood Institute

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Ingredients

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

Taco filling Ingredients:

- 1 cup green cabbage (about ¼ head), rinsed and shredded
- 1 tsp. lime juice
- 1 tsp. honey
- ½ cup red onions 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)

Marinade ingredients:

- 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

Directions

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 (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.

Makes four servings

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

Nutritional information per serving (4 servings)

Calories: 325

Total fat: 11g

Saturated fat: 1g

Cholesterol: 54mg

Sodium: 395mg

Protein: 24g

Total carbohydrates: 29g

Total fiber: 4g

Potassium: 614mg



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