



Fish Tacos & Fruit Salsa

Makes 5 servings

- 1 large mango, peeled and chopped (can substitute canned or fresh pineapple or peaches)
- 1 large tomato, seeded and chopped
- 1 small cucumber, seeded and chopped
- 3 tablespoons chopped fresh cilantro
- 1 green onion, thinly sliced
- 1 jalapeno pepper (or green pepper)
- 1 tablespoon lime juice
- 8 (6-inch) whole wheat flour tortillas
- 1 lb. fresh or frozen fish (salmon, catfish, swordfish, halibut, tilapia, Mahi-Mahi)
- Salt and pepper to taste
- 2 cups shredded fresh spinach or lettuce

Directions: Remember to wash your hands.

1. For the salsa: Combine fruit, tomato, cucumber, cilantro, green onion, jalapeno/green pepper and lime juice in a large mixing bowl. Cover and refrigerate until serving time. Serve with slotted spoon.
2. Warm tortillas in oven, microwave or grill. Cut fish into 1-inch slices; sprinkle with salt and pepper (or other seasoning). Please fish strips on broiling pan and broil in oven for 5 – 7 minutes. Fish is done when it flakes apart easily with a fork (or reaches internal temperature of 145 degrees F). Don't overcook fish.
3. Fill each tortilla with spinach or lettuce, fish, and Tropical Fruit Salsa.

Nutrition Information per serving: Calories 250; Fat 3.5 g; Carbohydrate 42 g; Dietary Fiber 5 g; Sodium 330 mg

Source: Allrecipes.com

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