



IN *The Villages*[®]
America's Healthiest Hometown

Baja-Style Salmon Tacos

Prep Time: 20 minutes

Cook Time: 15 minutes

Yields: 4 servings

Serving Size: 1 taco

Ingredients:

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

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

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

Directions:

1. Preheat grill or oven broiler (with the rack 3 inches from the 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 fork in the thickest part (minimum internal temperature of 145°F). Remove from heat and set aside for 2-3 minutes. Cut into strips.
6. To make each taco, fill one tortilla with $\frac{3}{4}$ cup filling and one salmon fillet.

Nutritional Information:

Calories: 325

Total fat: 11 g

Saturated fat: 1 g

Cholesterol: 54 mg

Sodium: 395 mg

Total fiber: 4 g

Protein: 24 g

Carbohydrates: 29 g

Potassium: 614 mg

Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute