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 cup green cabbage (about ¼ head), rinsed and shredded
- 1 tsp lime juice
- 1 tsp honey
- ½ cup 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 ¾ 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