

Spicy Salmon Tacos

INGREDIENTS:

- ✓ Juice of one large lemon
- ✓ 1 teaspoon chili powder
- ✓ 1 teaspoon paprika
- ✓ Salt to taste
- ✓ 1 1/4 pounds wild salmon fillet
- ✓ 2/3 cup commercial salsa
- ✓ 1 cup chopped tomato
- ✓ 2 tablespoons minced red onion
- ✓ 3 tablespoons chopped cilantro
- ✓ 4 cups shredded cabbage
- ✓ 2/3 cup canned black beans, drained and rinsed
- ✓ 1/2 cup fat-free sour cream
- ✓ 1 large avocado, peeled and cubed (doused with lemon juice to prevent browning)
- ✓ 15 organic tortillas

DIRECTIONS:

- ❖ In a shallow pan, mix lemon juice, chili powder, paprika, and salt. Place salmon in pan, coat both sides, cover and refrigerate for up to 12 hours.
- ❖ Heat broiler. Line baking sheet with tinfoil and spray with cooking spray.
- ❖ In a medium bowl, mix salsa, tomatoes, onions, and cilantro. Set aside.
- ❖ Broil fish until cooked through, turning fish halfway through cooking time. Broil for 10 minutes for every inch of thickness. (If fish is less than 1/2 an inch thick, don't turn.) Remove from oven, cool slightly and break into chunks. Set aside.
- ❖ Place cabbage, black beans, sour cream, and avocado in separate serving bowls. Set aside.
- ❖ Heat a non-stick griddle on medium-high heat. Place tortilla on griddle and warm, turning once.
- ❖ Fill each tortilla with a small helping of fish, the salsa mixture, cabbage, black beans, avocado, and sour cream. Ingredients will keep in refrigerator for up to two days.