



Grilled Fish Tacos with Mango Salsa

Ingredients

- 4 x 5 oz fresh haddock fillets
- 4 tsp vegetable oil
- seafood seasoning to taste
- 2 cups fresh mango
- 1 cup red onion
- 1 cup red pepper
- 1 cup cucumber
- ½ cup cilantro
- juice of 4 limes
- salt, to taste
- 8 flour or corn tortillas
- 2 cups chopped cabbage

Directions

1. Peel and dice mango and cucumber. Dice red onion and red pepper. Chop cilantro.
2. Mix all the above ingredients together in a bowl.
3. Add lime juice and salt. Set aside.
4. Cut fish into 2-3 ounce portions and season with whatever fish seasoning you prefer.
5. Add 1 teaspoon vegetable oil to a frying pan on medium heat. Then add the seasoned fish and cook for about 2 minutes per side, until cooked through.
6. Warm tortillas in the oven or microwave.
7. Top warm tortillas with fish, chopped cabbage and mango salsa. Enjoy!

Healthy Tip: Corn Tortillas are whole grain and will reduce the number of calories, fat, and sodium in your dish!

Calories 507	Cholesterol 0 mg	Dietary Fiber 4g
Total Fat 11g	Sodium 629 mg	Sugars 18g
Saturated Fat 1g	Total Carbohydrate 72g	Protein 30g