

TILAPIA TACOS WITH MANGO SALSA

SERVES 4 • 30 MINS

Ingredients:

Salsa:

1/2 cup chopped peeled mango
1/2 cup chopped tomato
2 tablespoons finely chopped red onion
4 teaspoons chopped fresh cilantro
1 teaspoon fresh lime juice
1/4 teaspoon black pepper
1/4 teaspoon chili powder
1/4 teaspoon cumin

Tacos:

2 6-oz tilapia fillets
4 8-inch whole-wheat
flour tortillas
1 cup spinach

Per Serving:

Calories: 220
Fat: 5 g
Cholesterol: 42 mg
Sodium: 350 mg
Carbohydrates: 30 g
Fiber: 3 g
Sugar: 5 g
Vitamin A: 22%
Vitamin C: 20%
Calcium: 8%
Iron: 14%
Magnesium: 11%
Zinc: 4%
Omega-3: 230 mg

Nutrition Notes:

This white fish possesses a mild flavor, making it a safe bet for kids and adults alike who are intimidated by fish. Even better, tilapia is low in mercury, particularly if it is farmed here in the U.S., making it a safe seafood choice.

Preparation:

Salsa: Combine mango, tomato, red onion, cilantro, lime juice, black pepper, chili powder, and cumin in a small bowl; toss well.

Tacos: Preheat broiler. Place fish on a broiler pan coated with cooking spray. Broil 6 minutes or until cooked to your satisfaction.

Heat a medium-sized non-stick skillet over medium-high heat. Lightly coat tortillas with cooking spray. Add the tortillas to pan one at a time and cook one minute on each side or until lightly toasted. Divide fish evenly among tortillas; top each taco with 1/4 cup spinach and 1/4 cup salsa. Serve immediately.

