

Baked Fish Tacos with Mango-Avocado Salsa

Time: 15 Minutes Prep, 10 Cook

Servings: 4-6 Tacos

Level: Easy

Ingredients:

- o 1 lb flakey White Fish (I like Cod)
- o 1 Tablespoon Olive Oil
- o ½ teaspoon Ground Cumin
- o ½ teaspoon Oregano
- o ⅛ teaspoon Chili Powder
- o ½ teaspoon Salt
- o ¼ teaspoon Ground Black Pepper
- o Corn Tortillas

Mango-Avocado Salsa:

- o 1 Mango, pit removed, finely diced
- o 1 Avocado, pit removed, finely diced
- o ¼ cup small Red Onion, finely diced
- o 2 Tablespoons Cilantro, chopped
- o ¼ teaspoon Salt
- o ¼ teaspoon Ground Black Pepper
- o ½ Jalapeño, deseeded and finely diced (OPTIONAL! My kids don't eat this!)
- o Juice of ½ lime

Directions:

- 1) Preheat oven to 375°.
- 2) Line a rimmed baking sheet with foil and put a Wire Pan Grate on top.
- 3) In a small bowl mix Olive Oil, Cumin, Oregano, Chili Powder, Salt, Pepper to form a paste.
- 4) Put mixture on fish and let sit for at least 15 minutes in a shallow bowl.
- 5) Prepare salsa by combining Mango, Avocado, Red Onion, Cilantro, Salt, Pepper and Juice of ½ lime in a bowl.
- 6) Lift fish out of bowl and place on Wire Pan grate and bake for 10-12 minutes until fish flakes easily.
- 7) Heat the Tortillas either in foil in the oven or on the stove. Flake the fish and top with salsa!

Fun tips and Information

- ❖ For a lower carb option, place the fish on a bed of your favorite leafy greens, add some corn, tomatoes, black beans and top with the Mango-Avocado Salsa.
- ❖ For an easy side dish make some Cole Slaw: 1 cup each Red and Green Cabbage finely shredded, 1 cup Grated Carrot, Juice of 1 lime, 2 Tablespoons Olive Oil, ½ teaspoon Chipotle Adobo sauce from a can, ¼ teaspoon Ground Cumin, 1 teaspoon Salt and ¼ teaspoon Ground Black Pepper, sprinkle with 2 Tablespoons of roasted Pumpkin Seeds.