

Fish Tacos with Strawberry Salsa

Prep: 30 minutes | Cook: 10 minutes | Total: 40 minutes

Yield: 2 servings | Serving Size: 2 tacos

Ingredients

1 cup finely diced strawberries (about ½ pound)
½ cup finely diced onion (about ½ medium onion)
1 clove garlic, minced (about ½ teaspoon)
1 cup chopped cilantro (about 1 bunch)
1 small jalapeño, minced (optional)
1 lime, juiced (about 2 tablespoons juice)
1 pinch salt
¼ teaspoon ground black pepper, divided
¼ teaspoon ground cumin
¼ teaspoon paprika
6 ounces Alaskan pollock loins
1 tablespoon olive oil
Nonstick cooking spray
4 (6-inch) whole-wheat tortillas
Optional garnishes: Shredded lettuce or cabbage, avocado, lime wedges

Directions

1. In a medium bowl, make a salsa by stirring together the strawberries, onion, garlic, cilantro, jalapeño, lime juice, salt, and ⅛ teaspoon of the black pepper. Set aside.
2. In a small bowl, stir together the cumin, paprika, and the remaining ⅛ teaspoon of black pepper. Set aside.
3. Pat the pollock dry with paper towels.
4. Brush the pollock with the olive oil, then sprinkle the seasoning mixture over both sides.
5. Coat the inside of a medium nonstick skillet with cooking spray and place over medium heat.
6. When the pan is hot, place the pollock in the pan and cook until a crust is formed and the fish lifts easy from the pan, about 2-4 minutes.
7. Flip the pollock over and continue cooking until cooked through (flakes easily with a fork, internal temperature of 145°F), about 3-5 minutes. Remove from the pan and set aside.
8. Heat the tortillas in the pan or in the microwave until warm.
9. Break the fish into bite-sized pieces. Serve on the warmed tortillas, topped with the strawberry salsa and any other desired garnishes.

Recipe Notes

- Try a variety of toppings such as sliced radishes, cotija cheese, or a dollop of Greek yogurt mixed with lime zest.
- To reduce calories and carbohydrates, swap a low-carbohydrate tortilla for whole-wheat. You can also look for a lower-sodium version.

**Nutrition Facts Per Serving: Calories: 370 | Total Fat: 13 g | Saturated Fat: 1 g
Sodium: 600 mg | Total Carbohydrate: 38 g | Dietary Fiber: 20 g | Protein: 27 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs