# GRILLED FISH TACOS

## Ingredients:

Fish Tacos:
- 3 lbs white firm fish (cod, mahi mahi, halibut, haddock)
- 2T olive oil
- 2 limes, juiced
- 4 tsp taco seasoning
- 2 tsp garlic powder
- 1 tsp salt
- 1/2 tsp fresh ground black pepper
- 18 small corn tortillas

Mango salsa:
- 2 large mangoes, peeled & diced
- 1/2 cup red onion, finely chopped
- 1 small bunch cilantro, finely chopped
- 1 lime or lemon, juiced
- 1 jalapeño, seeded & minced
- 1/2 tsp salt




## Directions:

1. In a small bowl, whisk taco seasoning, garlic powder, salt and pepper.
2. In a large rimmed baking dish, add fish, drizzle with oil and rub it around. Sprinkle with mixed seasoning on both sides and set aside.
3. Chop and add mango, red onion, cilantro, lime juice, jalapeno and salt to a medium bowl. Stir and set aside.
4. Preheat grill or grill pan on medium high heat and add oil to coat.
5. Cook fish untouched until white and opaque on the bottom, about 4 minutes.
6. Carefully flip on the other side and cook another 4 minutes. You might have to cover fish on the grill pan for a few minutes to allow to cook through (It may break apart -- all good!) Transfer to a platter.
7. Warm up tortillas on grill or microwave and keep under a towel.
8. To assemble a taco, flake fish with a fork, place desired amount in a warm tortilla and top with mango salsa. Serves 6.

NUTRITION PER SERVING:

Per Serving (3 tacos): Calories 422, Fat 9g, Sat Fat 1g, Chol 98mg, Carbs 42g, Fiber 6g, Sugar 9g, Protein 45g

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