**Fish Tacos with Caramelized Onion Sauce**

**Produce**

1 sweet onion

red leaf lettuce (if needed)

fresh cilantro (if making quick salsa)

Napa or Savoy cabbage (if needed)

one Anaheim pepper (if making quick salsa)

one jalapeno pepper (if making quick salsa)

2 Roma tomatoes

1 lime (if making quick salsa)

2 kiwis

**Canned/Dried Foods**

one 15 oz. can no-salt chopped tomatoes (if making quick salsa)

low-sodium vegetable broth(if needed)

Asian garlic pepper sauce (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain nonfat yogurt(if needed)

sharp cheddar cheese (if needed)

Low fat, 6" diameter, soft flour tortillas