

# Savory Fish Tacos

Fish tacos are on the menu. If you don't have leftover fish, you can cook some. The tacos are served with a quick tarter sauce, shredded cabbage, lettuce, seared peppers and homemade Quick, Low-sodium Tomato Salsa.

Serve a plate of orange slices as a finish to the meal.

Preparation Time: **40 minutes** - **Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Before you begin cooking, prep and organize your ingredients so they are easy to add. Prep 2 cloves chopped garlic: Tarter Sauce (1 clove) and Quick, Low-sodium Tomato Salsa (1 clove). There are also 2 chopped sweet onion preps: Tartar Sauce (2 T.) and Salsa (1/2 C.).

### Tarter Sauce

- 1 tsp. sesame oil
- 2 T. rice wine vinegar or lemon juice
- 1 clove garlic (smashed and chopped)
- 2 T. parsley (chopped)
- 1 tsp. soy sauce
- 2 T. sweet onion (finely chopped)
- 3 T. dill pickle (chopped)
- 2 T. vegan or low fat mayonnaise
- 1/4 C. plain, nonfat yogurt

### Quick, Low-sodium Tomato Salsa

- 1 clove garlic (smashed and chopped)
- 1/2 Jalapeno pepper (finely chopped)
- 1/2 C. sweet onion (coarsely-chopped)
- 1 seeded Anaheim pepper (finely chopped)
- 2 T. lime juice
- 1/2 tsp. salt
- 1/4 C. fresh cilantro (chopped)

one 15 oz. can no-salt diced tomatoes

### Fish Tacos

#### Fish:

- 1 T. lemon juice (if cooking fish tonight)
- 1tsp. soy sauce (if cooking fish tonight)
- one 6 oz. cod fillet (if no leftovers)

#### Tacos:

- two 6" soft flour or corn Tortillas
- one 6 oz. cod fillet (leftover or cooked tonight)
- 2/3 C. Napa cabbage (thinly-sliced or shredded)
- 1/2 C. green bell pepper (cut into thin 1" strips)
- 1/2 C. red bell pepper ((cut into thin 1" strips)
- 2 leaves lettuce (washed, rolled and sliced)

- 1/4 C. shredded, sharp cheddar cheese

#### Fruit Finish:

- 1 orange (Slice orange into 1/4" rounds. Then slice rounds in half)

If cooking fish,  
Preheat oven to 400°

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

If you're using leftover fish: simply wrap in foil and place on a plate in a 250° oven for 10 minutes.

If cooking fish:

Drizzle fish fillet with lemon juice/soy sauce mixture. Bake in a 400° oven for 15 minutes.  
Make tartar sauce and tomato salsa and assemble your tacos.

### Tartar Sauce

1. Mix all ingredients except mayonnaise and yogurt in a medium-sized mixing bowl.
2. Stir mayonnaise and yogurt together until smooth and stir into other ingredients.

Let stand until dinner is served.

### Quick, Low-sodium Tomato Salsa

If making with food processor:

1. Place all ingredients, except diced tomatoes, in a food processor and blend well.
2. Add tomatoes and pulse a few times to mix.

If making by hand:

Chop and prep all items as indicated and mix in a bowl with diced canned tomatoes.

Transfer to a serving bowl and set aside until ready to dine. You can store salsa in the fridge in a jar with a tight-fitting lid. It'll keep for a couple of weeks.

### Fish Tacos

1. Stack 2 tortillas on a dinner plate. Sprinkle a few drops of water between each tortilla. Cover with another plate and microwave for 40 seconds.
2. Place a tortilla on each plate. Spread 2 T. tartar sauce down the center of each tortilla.
3. Break warmed fish into small pieces. Place fish over the tartar sauce on each tortilla.
4. Cover with a generous amount of cabbage and peppers.
5. Spoon on a couple T. fresh salsa over ingredients.
6. Sprinkle with grated cheese and top off with lettuce.

Finish with sliced oranges. Fabulous!

### What I've Learned from this Recipe

Making your own tartar sauce and salsa are definitely the way to go. Homemade versions of salsa and tartar sauce will be lower in sodium and won't be loaded with fillers.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)