

# Savory Salmon Tacos

You'll be catching some fish tacos tonight that are jumping with flavor. You've saved some baked salmon just for the occasion. The tacos will be dressed with a quick tartar sauce, filled with thin-sliced Savoy Cabbage and seared peppers, and then topped off with refreshing homemade Salsa.

Finish the plate with a little avocado and Mandarin orange salad.

**Preparation time: 30 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. There are two onion preps tonight: 1/2 C. chopped onion in the Salsa and 2 T. finely-chopped onion in the tartar sauce. Also prep 3 cloves chopped garlic: 2 cloves for the Salsa and 1 for the Tartar Sauce.

### Quick Low-sodium Tomato Salsa

2 cloves garlic (smashed and chopped)  
1 Anaheim pepper (seeded and chopped)  
1 Jalapeno pepper (seeded and chopped)  
1/4 C. fresh cilantro (chopped)  
1/2 C. yellow onion (coarsely chopped)  
juice from 1 lime  
1/4 tsp. salt

one 15 oz. can no-salt diced tomatoes

### Avocado/Orange Salad

2 Mandarin oranges (peeled and sectioned)  
1 avocado (chopped)  
2 tsp. olive oil  
1 tsp. lime juice  
1/2 tsp. rice wine vinegar  
1 tsp. low-sodium vegetable broth

### Tartar Sauce

2 T. mayonnaise or veganise  
2 T. quark or thick yogurt  
2 T. onion (finely-chopped)  
1 small clove garlic (smashed and chopped)  
2 T. dill pickle (chopped)  
1/2 tsp. lemon juice  
1/4 tsp. sesame oil  
1/8 tsp. grated ginger

### Salmon Tacos

One 5-6 oz. piece of cooked salmon (leftovers)  
1 tsp. olive oil  
1/4 C. green bell pepper (cut to 1" matchsticks)  
1/4 C. red bell pepper (cut to 1" matchsticks)  
two 6" corn tortillas  
3/4 C. Napa or Savoy cabbage (thinly sliced)  
2 leaves lettuce (rolled and sliced)  
1/4 C. grated sharp cheddar cheese

Preheat the oven to 250°

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

### Basic Assembly Instructions

First Thing...

Warm the leftover salmon by wrapping it in foil and placing on a cookie sheet in a 250° oven. Set a timer for 10 minutes.

### Quick Low-sodium Tomato Salsa

Place all prepped ingredients together in a medium-sized bowl. Stir well and let stand.

- or -

You may also use a food processor and blend all items except tomatoes until well chopped. Then add diced tomatoes and pulse a few times.

### Tartar Sauce

Mix all tartar sauce ingredients together in a small bowl. Stir well and set aside.

### Avocado/Orange Salad

Combine orange sections and avocado in a bowl and drizzle with the mixture of olive oil, lime juice, vinegar and broth. Toss lightly and set aside. Dressing the salad early prevents the avocado from turning brown.

### Salmon Tacos and Serve

1. The leftover salmon should be warm now. Turn off oven and leave the fish in the cooling oven.
2. Heat oil in a small sauté pan until it begins to shimmer. Add peppers and toss until they start to brown around the edges. Set aside.
3. Place 2 tortillas on a large serving plate. Sprinkle each tortilla with a little water. Cover with another plate and microwave for 30 seconds. This process will warm and soften them for serving.
4. Spread a layer of tartar sauce over each of the warmed tortillas. Break up fish and divide over tartar sauce. Top with cabbage, lettuce, seared peppers and cheese. Spoon several tablespoons of salsa over each taco.

Serve 1 taco per diner and 1/2 of the avocado/orange salad.

### What I've Learned from this Recipe

Baked salmon works beautifully in fish tacos and the homemade tartar sauce is a must. Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)