



## **FEATURED RECIPE!**

# **Grilled fish tacos**

### **Ingredients**

FOR THE SALSA:

- 1 can of peach halves
- 1/2 red bell pepper
- 1/4 red onion
- 1 whole jalapeno pepper
- 1 Tablespoon fresh cilantro
- 2 teaspoons lemon juice

In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro and lemon juice; cover and refrigerate until ready to use.

FOR THE FISH:

- 4 tilapia fillets (about 1 lb)
- 1 Tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning
- 1 packet low-sodium sazón seasoning
- 8 flour tortillas (6" diameter, warmed)

### **Directions**

1. In a small bowl, stir together chili powder, adobo seasoning and sazón packet. Rub fish with spice mixture to coat completely.
2. Place fish on hot greased grill grates.
3. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
4. Thinly slice fish. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

*Serves 4: Per serving: Calories: 330; Total Fat: 5 g; Saturated Fat: 2 g; Sodium: 380 mg; Total Carbohydrate: 44 g; Dietary Fiber: 3 g; Protein: 27 g*

*Source: What's Cooking? USDA Mixing Bowl*