

FISH TACOS

Prep Time: 5 minutes
Cooking Time: 20 minutes
Makes 6 servings

Ingredients

2 fish fillets, about 400 g total (white fish such as basa, sole, or haddock)

250 mL (1 cup) salsa, any kind

6 small (6") whole-wheat soft tortillas (or corn taco shells)

Toppings:

1 small tomato, chopped

2 green onions, chopped

250 mL (1 cup) shredded Cheddar or Monterey Jack cheese

Tip: Buy frozen fish when on sale to save money. If using frozen fish, thaw in the refrigerator over-night, or place it until cool running water until mostly defrosted (you may need to add a few more minutes of cooking time, if the fish is still frozen inside)

Directions

Place fish on a foil-lined baking pan.

Spread salsa evenly over fish.

Bake in oven at 230°C / 450°F for about 20 minutes (depending on thickness of fish). Fish is fully cooked when it is opaque (no longer translucent-looking) and flakes easily with a fork

Break fish into smaller pieces, and divide evenly onto warm tortillas; top with tomato, green onion, and shredded cheese.

Serve with extra salsa, guacamole and/or sour cream if desired.



Fish tacos are a delicious and healthy lunch or dinner: add whatever toppings you like to make them your own!

- ✓ Quick & Easy
- ✓ Rich in omega-3 fats
- ✓ Source of fibre



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