

CO-OP MEALS

Dinner in 30

Fish Tacos w/ Tomato-Corn Salsa

Serves 4-6

Shopping List:

- ½ lb Tilapia (about 2 filets)
- 1 cup Cherry tomatoes, halved or quartered
- 1-2 Ears of corn, kernels cut from the cob
- 1 Large green onion, chopped (white and green parts)
- ½ cup Plain Greek yogurt
- 1 Small jalapeño, seeded and finely chopped
- 1 Bunch of cilantro, chopped
- 2 Limes (1 juiced, 1 cut into wedges for serving)
- Corn tortillas, warmed
- Shredded cabbage (optional)

Pantry Items:

- Salt and Pepper
- ¼ tsp Garlic powder
- 1 tsp Paprika
- Honey

Cook:

Preheat the broiler.

Place the fish on a rimmed baking sheet. Combine the paprika, garlic powder, salt and pepper in a small bowl. Sprinkle the fish generously with the seasoning. You may have some left over.

Combine the corn, cherry tomatoes, green onion, half of the lime juice, salt and pepper in a medium bowl. Stir together and let stand at room temperature.

Mix together the Greek yogurt, jalapeño, cilantro, remaining lime juice, honey, salt and pepper in a medium bowl. Stir to combine and set aside.

Place the fish on the middle rack of the oven, and broil for 5 minutes, or until the fish flakes easily with a fork.

Assemble:

Place about ¼ cup of cabbage over each warm tortilla, followed by some fish. Top with the salsa and Greek yogurt sauce, and serve immediate with lime wedges. Enjoy!

Tips and Hints

From Co-op Food Educator Lindsay Smith

• Use any fish you like...

Fish tacos are best with a firm white fish and tilapia is the most readily available. However, you can use any fish available or even shrimp!

• Season to YOUR liking...

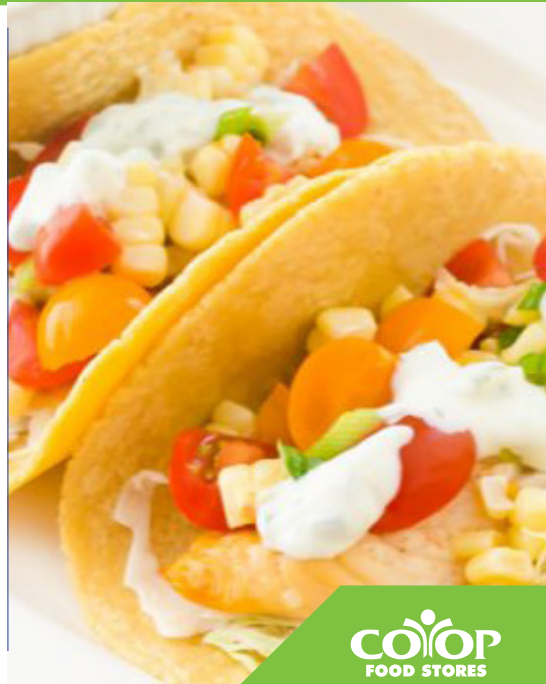
Add as much or as little of any spice as you wish! This includes the spice on the fish and the jalapeño in the yogurt sauce (the honey will offset some of the heat.) Cilantro is also optional and add only as much as you like. Always salt and pepper to taste.

• Making fresh salsa is easy and tasty...

Simply chop a few tomatoes and other veggies and voila! Fresh salsa without all the preservatives in no time at all.

• Make it faster...

Use pre-shredded cabbage and/or frozen corn.



CO-OP
FOOD STORES