



Grilled Fish Tacos with Peach Salsa

Makes: 4 Servings

Prep Time: 30 minutes

Set the stage for a delicious plate with these healthy fish tacos with peach salsa. Perfect for a summertime taco night!

Ingredients

For the salsa:

- 1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup)
- 1/2 red bell pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper (rinsed, seeded, and finely chopped)
- 1 tablespoon fresh cilantro (finely chopped)
- 2 teaspoon lemon juice

For the fish:

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

Directions

For the Salsa:

1. 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:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo and sazón packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

Notes

Serving Suggestions: serve with a Summer Corn Salad, chock full of vegetables, and a quick Mango Banana Shake for your best taco night yet!

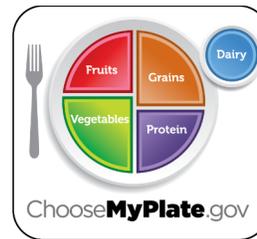
Source: The Best of la Cocina Goya: Healthy, Tasty, Affordable Latin Cooking

Nutrition Information

Nutrients	Amount
Calories	330
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	55 mg
Sodium	380 mg
Total Carbohydrate	44 g
Dietary Fiber	3 g
Total Sugars	18 mg
Added Sugars included	11 g
Protein	27 g
Vitamin D	3 mcg
Calcium	104 mg
Iron	3 mg
Potassium	590 mg

N/A - data is not available

MyPlate Food Groups



MyPlate Food Group:

■ Fruits	1/2 cups
■ Vegetables	1/4 cups
■ Grains	2 ounces
■ Protein Foods	2 1/2 ounces