

Fish Tacos With Corn Relish

Yield: 8 servings

Ingredients

1½ teaspoons ground cumin
 1½ teaspoons chili powder
 1 teaspoon dried oregano
 1 teaspoon paprika
 1 teaspoon ground black pepper
 ½ teaspoon kosher salt
 3 teaspoons olive oil
 2 green onions, chopped, white and greens parts
 ½ red bell pepper, seeds removed, small dice
 1 to 2 garlic cloves, minced
 1 cup corn, fresh or frozen
 ½ cup diced tomatoes, canned, unsalted
 1 tablespoon red or white wine vinegar
 1 medium lime, juiced
 1½ teaspoons honey
 1 tablespoon fresh cilantro, chopped
 1 pound white fish fillet, without skin
 ¾ cup water
 8 corn tortillas, small

Instructions

1. In a medium bowl, mix the cumin, chili powder, oregano, paprika, pepper, and half the salt (¼ teaspoon) together.
2. Place a medium sauté pan over medium-high heat. Once the pan is hot, add 1 teaspoon of olive oil and evenly coat the bottom of the pan. Add the white part of the green onion, red bell pepper, garlic and corn to the pan. Cook for 2 to 3 minutes, or until the corn begins to brown. Stir constantly.
3. In the same pan, add the tomatoes, vinegar and remaining salt to the pan. Cook until the relish starts to thicken.
4. Stir in the lime juice, honey, cilantro and green parts of the onions to the pan. Pour in a bowl and cover with foil to keep warm.
5. Place a large sauté pan over medium-high heat. Add 2 teaspoons of olive oil and evenly coat the pan. Add the fish and cook until golden brown on the under-side. Flip the fish over using a spatula and cook until brown.
6. Pour ¼ cup of water into the pan. Put a lid on and turn the heat down to medium-low. Cook the fish until flaky, checking every 1 to 2 minutes.
7. Once the fish has reached an internal temperature of 145 degrees remove from heat and break the fish up with a spatula.
8. While the fish is cooking, toast the tortillas. Place tortillas over a low flame for 1 to 2 minutes. Constantly check to make sure they aren't burning, but they should be slightly charred. Flip with tongs.
9. Assemble tacos by placing 2 tablespoons of corn relish, and ¼ cup of fish into 8 toasted tortillas. Enjoy!

Nutrition Information

Serving Size: 2 tacos

Calories: 360
 Total Fat: 13 g
 Saturated Fat: 2 g
 Monounsaturated fat: 6 g
 Sodium: 190 mg
 Total Carbohydrate: 40 g
 Dietary Fiber: 6 g
 Sugars: 12 g
 Protein: 24 g

Source: Health Meets Food



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