Fish Tacos with Mango Salsa

Servings: 6 (275 g)
Prep Time: 25 Minutes
Cook Time: 15 Minutes

Ingredients

- 1.5 lbs. flaky white fish
- 6 T. fresh lime juice
- 1 c. mango, chopped
- ¼ c. red bell pepper, diced
- ¼ c. yellow bell pepper, diced
- ⅔ c. roma tomatoes, diced and seeded
- ¼ c. cilantro, chopped
- ½ c. green onions
- 1 t. salt
- 1 t. black pepper
- 1 t. olive oil
- 1 T. chopped garlic
- 6 whole-grain tortillas (6 in.)
- 1 c. plain, fat-free Greek yogurt
- 1 T. chipotle in adobo sauce, chopped

Directions

1. Preheat oven to 400° F. Place fish in a shallow baking pan. Sprinkle with half of the salt, pepper, and garlic. Bake for 13-15 minutes: until the fish flakes easily with a fork.
2. Combine the mango, bell peppers, tomatoes, cilantro, half of the green onions, half of the remaining salt and pepper and 2 tablespoons of the lime juice. Stir to combine and set aside.
3. For the sauce: combine the yogurt, chipotle, the remaining green onions, salt, 1 tablespoon of lime juice, and a dash of pepper. Combine and set aside for plating.
4. Warm tortillas in oven until soft. Flake fish into medium-sized chunks and toss with remaining lime juice. Place ¼ cup of fish onto a 6 inch whole-grain tortilla, top with 2 tablespoons of mango salsa and a dollop of sauce. Fold in half and enjoy.

Nutritional analysis per serving: *Calories 250; Calories from Fat 35; Total Fat 4 g (6% Daily Value); Saturated Fat 0.5 g (0% DV); Trans Fat 0 g; Cholesterol 49 mg (17% DV); Sodium 765 mg (32% DV); Total Carbohydrate 24 g (8% DV); Dietary Fiber 11 g (44% DV); Sugars 7 g; Protein 28 g (0% DV); Vitamin A 20% DV; Vitamin C 70% DV; Calcium 6% DV; Iron 4% DV; Selenium 50% DV.*

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May

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July

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June

TIP: Peppers in adobo sauce can often be found canned in the ethnic foods aisle, but fresh hot peppers like jalapenos make a fine substitution.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 National Dairy Month	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 Summer Solstice Father's Day	22	23	24	25	26	27
28	29	30	1	2	3	4