

Fish Taco

Great, light change from traditional tacos and even easier to make.

Halibut or snapper

Shredded cabbage

Lime juice, 1-2 limes

Spices: cilantro, cumin, cayenne to taste

Special sauce*

Salsa: we are lucky to have such a variety of fresh, locally made salsas to try

Tortillas: corn or flour, 6 inch to 12 inch depending on how much filling you desire

Options: sour cream, tomatoes, avocados, green onions, shredded cheese, spices

Start with fresh halibut or snapper sautéed in a skillet with salsa and a little cilantro and lime juice to add flavor with less fat. The fish will break into bite size pieces but that makes it easier to fit in the tortillas. If you want larger pieces of fish, you can lightly bread the fish and fry which will help keep the fish together.

Both flour and corn tortillas work well so use your family's favorite. Warm in the oven while assembling other ingredients or quickly warm in a skillet on the stove top.

Shred or finely slice cabbage. Combination of green cabbage, red cabbage and lettuce is colorful and nice if you have a larger group to serve.

Layer the cabbage, fish, and your choice of toppings in the warm tortillas and have salsa and special sauce to pass as toppings.

Serve with Mexican Spoon Bread, corn muffins, sautéed garden vegetables, beans or rice.

*White Sauce: 2T Mayonnaise, 2T. Sour Cream, (can substitute yogurt for sour cream if desired), juice of one lime, and 1/4t. cumin. You may add cayenne pepper if you like a little more kick. Mix and serve as topping to fish tacos.