

Fish Tacos With Peach Salsa

Set the stage for a delicious plate with these healthy fish tacos with peach salsa. Perfect for a summertime taco night! Try serving with a Summer Corn Salad and a quick Mango Banana Shake for your best taco night yet!

Makes: 4 Servings
 Prep Time: 30 Minutes
 Cook Time: Approximately 10 Minutes

Source: [choosemyplate.gov/recipe/grilled fish tacos with peach salsa](http://choosemyplate.gov/recipe/grilled-fish-tacos-with-peach-salsa)



Small Changes,
 BIG Difference!

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 teaspoons 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)

Utensils Needed

- Knife
- Cutting Board
- Spoon
- Measuring Utensils
- Grill or Skillet
- Bowl



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.

SHOPPING LIST

Average total cost without oil and seasonings: \$13.09

Average cost/serving: \$3.27

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Canned Peach Halves 15.25 oz



Add 1 to Cart
Lemon Juice 4.5 oz



Add 1 to Cart
Red Bell Pepper (6 oz avg)



Add 1 to Cart
Fresh Cilantro, 1 bunch



Add 1 to Cart
Red Onion (5 oz avg)



Add 1 to Cart
Cape Gourmet Tilapia Fillets 16 oz



Add 1 to Cart
Fresh Jalapeno (4 oz avg)



Add 1 to Cart
Flour Taco Style Tortillas - 12 Count
12 oz

Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	330
Total Fat:	5 g
Saturated Fat:	2 g
Cholesterol:	55 mg
Sodium:	380 mg
Total Carbohydrates:	44 g
Dietary Fiber:	3 g
Total Sugars:	18 g
Added Sugars:	11 g
Protein	27 g

SAVE TIME, SAVE MONEY

Cooking Tips

- Add your favorite spices and herbs for added flavor.

Storage Tips

- Allow to cool and store in a shallow covered container.

My Cooking Notes