Fish Tacos with Fresh Mango Salsa
Serves 4. Total time 30 minutes.

Fish Tacos with Fresh Mango Salsa
This recipe combines the familiar flavors of traditional Mexican cuisine with a lightly seasoned and sautéed white fish.

Fresh Mango Salsa:
1 mango, peeled and chopped
1 tomato, chopped
1 cucumber, chopped
3 T. chopped fresh parsley
1 scallion, chopped
1 jalapeno pepper, seeded and chopped
2 T. lime juice (about 1 lime, juiced)

Directions:
1. To prepare the salsa, combine the mango, tomato, cucumber, parsley, scallion, jalapeno, and lime juice. Refrigerate until ready to serve.
2. Warm olive oil in a large skillet over medium-high heat. Add fish and season with cumin, chili powder, salt, and pepper. As the fish cooks, break it up into 2 inch pieces with the tip of a spatula. Sauté until the fish is opaque and flakes easily. To serve spoon fish into tortillas and top with prepared salsa and lettuce.

Total Meal Nutrition Information (per ¼ of recipe): 387 calories, 25 g protein, 13 g fat, 3 g saturated fat, 54 g carbohydrate, 6 g fiber, 53 mg cholesterol, 542 mg sodium, 1 serving equals: 2 whole grain, 1 protein/dairy, 1 fruit, 1 vegetable, 1 fat
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Shopping List

Produce Section
- 2 cups shredded lettuce
- 1 mango, peeled and chopped (see tip #1)
- 1 tomato, chopped
- 1 cucumber, chopped
- 3 T. chopped fresh parsley
- 1 scallion, chopped
- 1 jalapeno pepper, seeded and chopped
- 2 T. lime juice (about 1 lime, juiced)

Dry Goods Section
- 8 (6 inch) whole wheat flour tortillas
- ½ tsp. cumin
- ½ tsp. chili powder
- 1 T. olive oil

Seafood Section
- 1 pound white fish fillets, such as catfish or tilapia (see tip #2)

Smart Shopper Tip #1:
A mango is a green tropical fruit that changes to beautiful hues of red and yellow as it ripens. A ripe mango will yield to gentle pressure when squeezed. To cut a fresh mango, place it on its side and cut it lengthwise. You must cut around the long flat seed in the center.
Mango may also be available in cans or jars or in the frozen fruits section of your local supermarket. If you can’t find it, substitute pineapple chunks or another tropical fruit.

Smart Shopper Tip #2:
White fish is a great source of lean protein and contains small amounts of vitamins, minerals, and heart healthy omega-3 fatty acids.
While most fish is nutritious and safe to eat, some varieties may contain high levels of contaminants, such as shark, king mackerel, and swordfish. Be sure to check your local advisories for fish caught from local waters.
For more information, please visit:
Environmental Defense Fund
www.oceansalive.org/
SC DHEC Local Fish Advisories
www.scdhec.net/environment/water/fish/advisories.htm