

GRILLED BAJA FISH TACOS

Healthy Tips for Living



Yield: Serves 2

Pico de Gallo ingredients:

- 2 whole tomatoes
- 1 whole white onion
- 1/2 cup of chopped cilantro
- 1 jalapeño
- 1/2 cup of lime juice
- Salt to taste

Grilled Baja Fish Taco ingredients:

- 2 fresh tilapia filets
- Corn tortillas
- 1 cup of chopped red cabbage
- 1 sliced lime
- Extra virgin olive oil
- Cajun rub
(You can use any rub that you prefer or create your own. Cumin- and coriander-based rubs taste great!)

Pico de Gallo instructions:

Dice 2 whole tomatoes into small bite-size pieces. Next, **dice** 1 whole onion and set aside in a bowl with the tomatoes. **Roughly chop** about 1/2 cup of cilantro. Carefully slice open the jalapeño. **Caution:** Oils from the jalapeño can be very hot! When working with hot peppers, be sure to wear gloves or thoroughly wash your hands when finished. **Finely chop** the jalapeño. For spicy salsa, keep some the seeds and white ribbing inside the pepper. For a mild tasting salsa, remove all the seeds and the white ribs. **Mix** all the ingredients into a bowl and **add** lime juice and salt to taste.

Grilled Baja Fish Taco instructions:

Preheat your grill to medium heat. While the grill is heating, **chop** 1 cup of red cabbage and set aside. Take your fully thawed tilapia filets and **dry** them with a paper towel. Place the tilapia on a dry plate and **lightly coat** with extra virgin olive oil. If the tilapia filet is large cut it in half. **Apply** the Cajun rub on both sides, to taste. You can use any spice rub of your choice. Place the tilapia on the grill until it's thoroughly cooked. Place the tilapia on a corn tortilla and **add** the red cabbage, lime juice and Pico de Gallo to taste.

Enjoy!

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