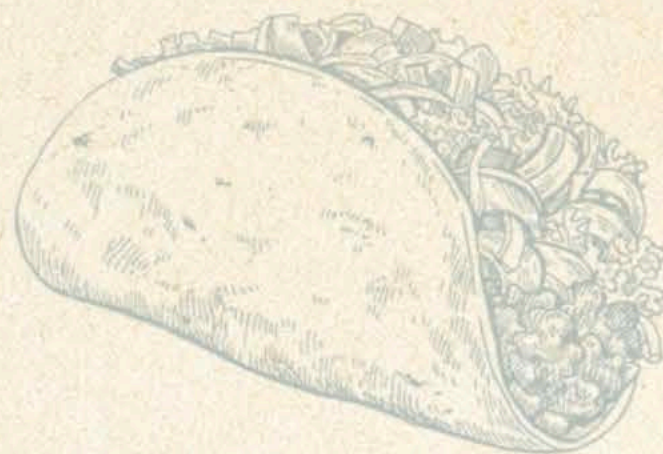


# FR. FRANK'S GRILLED FISH TACOS WITH CARIBBEAN SALAD



## Fish Tacos Ingredients:

- ✦ 1 pound skinless salmon, halibut or tilapia fillets
- ✦ ¼ tsp chili powder
- ✦ ½ cup chopped mango
- ✦ ½ red pepper chopped
- ✦ 1 tsp fresh ginger
- ✦ Juice of one lime with the grated zest
- ✦ ¼ red onion chopped fine
- ✦ ½ cup cilantro
- ✦ 1 tsp agave or honey
- ✦ ¼ jalapeno chopped fine
- ✦ Salt and pepper to taste
- ✦ 2 cups packaged coleslaw mix or cabbage
- ✦ ¼ cup reduced-fat sour cream
- ✦ 4 tbsps chopped fresh cilantro, divided
- ✦ 8 (6-inch) corn tortillas, warmed

## Caribbean Salad Ingredients:

### For the Salad:

- ✦ ½ thinly sliced small red onion
- ✦ 2 heads of chopped romaine lettuce
- ✦ 2 red bell peppers diced
- ✦ 1 cup canned reduced-sodium black beans
- ✦ 1 can mandarin oranges in light syrup drained
- ✦ Fresh cilantro

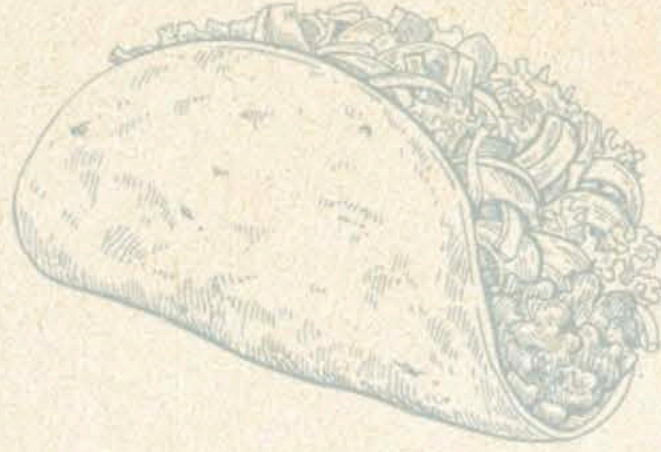
### For the Mango Dressing:

- ✦ 1 large mango peeled and roughly chopped
- ✦ 2 medium size limes juiced with the zest grated
- ✦ 1 tbsp agave
- ✦ 2 tbsps apple cider vinegar
- ✦ ½ tsp ground cumin
- ✦ ½ tsp kosher salt
- ✦ ¼ tsp ground coriander
- ✦ ¼ tsp cayenne
- ✦ 3 tbsps extra virgin olive oil





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## Fish Taco Instructions:

1. Prepare the salsa: combine the mango, red pepper, ginger, agave juice and zest of lime,  $\frac{1}{2}$  cup cilantro and salt and pepper to taste. Toss and place on the side.
2. Prepare grill to medium high. Sprinkle salt and pepper and 1 tbsp lime juice over fish and season with  $\frac{1}{4}$  tsp chili powder. Place in basket of aluminum or fish basket. Spoon  $\frac{1}{4}$  cup salsa over fish; allow the fish to marinate.
3. Meanwhile, combine coleslaw mix, remaining salsa, sour cream, and 2 tbsps cilantro in large bowl; mix well.
4. Grill fish, salsa side up, covered, over medium heat 8 to 10 minutes or until fish is opaque in center and begins to flake when tested with fork.
5. Fill warm tortillas with fish and coleslaw mix. Garnish with remaining 2 tbsps cilantro.

## Caribbean Salad Instructions:

1. Place the sliced red onions in a small bowl with or apple cider vinegar. Let sit while you prepare the rest of the salad (this mellows the red onions' bite, while maintaining their flavor; if you like the taste of raw red onion as is, you can feel free to skip this step).
2. Make the dressing: Puree the mango, lime juice, agave, cumin, coriander, and cayenne in your food processor until smooth. With the processor running, drizzle in the olive oil and blend to combine. Taste and adjust seasoning as desired.
3. In a large bowl, combine the romaine, red bell pepper, black beans, and red onion. Add the mango lime dressing. Toss to coat. Scatter the oranges and cilantro over the top, then serve with the fish tacos.

