

## Fish Tacos with Mango Salsa – by Paula Hendricks, Nutrition Consultant

We love to serve these light and refreshing fish tacos for dinner out on the patio on warm summer nights. They are easy to make and low in calories and carbohydrates. All the ingredients can be purchased at Trader Joe's – one stop shopping. Enjoy on LCD or MD Key Diets. For the VLCD, omit the mango in the salsa. Serves Four.

### ***Ingredients:***

#### ***For the fish-***

- One pound white fish, cod, frozen
- One 12 ounce container pico de gallo
- One tsp. Mexican seasoning (or more if you like it spicier)

#### ***For the mango salsa -***

- One medium fresh mango, diced, about 3/4 cup
- One cup diced red peppers, fresh
- 1/2 cup diced fresh tomatoes, fresh
- 1 medium avocado, diced
- Two heads of endive, chopped
- 1/2 cup diced green onions
- 1/4 cup freshly chopped cilantro
- 1/4 cup Jalapeno peppers, mild or hot, finely chopped (optional)
- Juice from one lime

#### ***For the finishing touches -***

- Four cups finely chopped romaine lettuce
- Twelve full size romaine or butter lettuce leaves (the 'taco' shells)
- Light sour cream, 4 T.
- One cup shredded Light Mexican cheese
- Four lemon wedges



### ***Instructions:***

1. In large skillet, place thawed fish, pico de gallo, and Mexican seasoning. Cook over medium heat until fish is cooked, about 10 minutes. As the fish cooks, break apart with a spoon into small bite-sized pieces.
2. For the salsa, mix all ingredients together in a bowl. Add about ½ tsp. salt. Set aside.
3. To assemble, put one cup of shredded lettuce on each of the four plates and top each plate with three whole lettuce leaves – these will serve as the taco shells.
4. Next, divide the fish evenly in to four servings; further divide each serving evenly and ladle on top of the three individual shells on each plate.
5. For the salsa, divide into four servings; further divide each serving and ladle on top of the each fish taco shells.
6. Sprinkle each of the four servings with 1/4 cup of shredded cheese and top each individual taco with a small dollop of sour cream, 1 tsp. per taco. Add a lemon wedge and serve.

### ***Nutritional analysis per serving (approximate):***

Protein 32 grams, Carbohydrates 22 grams, Fat 13 grams, Fiber 7 grams and total calories 335.