



Jalapeño-Lime Grilled Fish Tacos

Prep: 30 minutes plus marinating

Grill: 6 minutes • Serves: 4

- 1 garlic clove
- 1 small jalapeño chile pepper, stem end trimmed and coarsely chopped
- ¼ cup fresh lime juice
- 3 tablespoons extra virgin olive oil
- 1 tablespoon white tequila (optional)
- 1 teaspoon honey
- 1 teaspoon lime zest
- ½ teaspoon salt
- 4 boneless, skinless cod fillets (about 1½ pounds)
- 2 medium tomatoes (about 12 ounces), diced
- ½ English cucumber, thinly shaved with vegetable peeler
- ½ small red onion, thinly sliced
- 1 teaspoon chopped fresh cilantro leaves plus additional for garnish (optional)
- 8 (6-inch) corn tortillas
- Sliced green onions, for garnish (optional)

1. In blender, blend garlic, jalapeño, lime juice, oil, tequila, honey, lime zest and salt until smooth. Makes about ½ cup marinade. Place fish in large zip-top plastic bag. Reserve 3 tablespoons marinade; pour remaining marinade in bag. Seal bag, pressing out excess air. Gently massage fish in bag to coat; refrigerate 1 hour.

2. Prepare outdoor grill for direct grilling over medium heat. Meanwhile, in medium bowl, combine tomatoes, cucumber, onion, cilantro and 3 tablespoons reserved marinade until well combined.

3. Place fish on hot grill rack; cover and cook 6 to 8 minutes or until internal temperature reaches 145°.

4. On microwave-safe plate, stack tortillas between 2 damp paper towels, and heat in microwave oven on high 35 to 45 seconds or until warm. Cut fish into chunks. Fill tortillas with fish and relishes (recipes follow); garnish with cilantro and/or green onions, if desired, and serve with tomato mixture.

Approximate nutritional values per serving:

356 Calories, 12g Fat (2g Saturated), 77mg Cholesterol, 800mg Sodium, 30g Carbohydrates, 1g Fiber, 29g Protein

Helpful tip:

> Fish can also be cut into squares to fill slider buns along with relishes, or simply serve fish topped with relish.

Tomatillo Relish

Prep: 20 minutes

Grill: 5 minutes • Makes: about 1 cup

- 6 medium tomatillos, husks removed, rinsed, and cut crosswise in half through stem
- Nonstick cooking spray
- 1 garlic clove, minced
- 1½ tablespoons fresh lime juice
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon ground coriander
- ¼ teaspoon salt

1. Prepare outdoor grill for direct grilling over medium heat. Lightly spray cut sides of tomatillos with nonstick cooking spray. Place tomatillos, cut side down, on hot grill rack; cover and cook 4 to 5 minutes or until lightly charred. Transfer tomatillos, cut side up, to plate; cool 5 minutes. Core and chop tomatillos.

2. In small bowl, combine remaining ingredients and chopped tomatillos. Makes about 1 cup relish.

Approximate nutritional values per serving (each ¼ cup):

48 Calories, 4g Fat (1g Saturated), 0mg Cholesterol,

145mg Sodium, 4g Carbohydrates, 1g Fiber, 1g Protein

Avocado-Orange Relish

Prep: 20 minutes

Makes: about 1¾ cups

- 3 medium oranges, peeled and segmented, segments cut crosswise in half
- 2 tablespoons chopped fresh cilantro leaves
- 2 tablespoons finely chopped red onion
- 1 tablespoon fresh lime juice
- 2 teaspoons extra virgin olive oil
- ¼ teaspoon salt
- 1 pinch ground cayenne pepper
- 1 medium ripe avocado, peeled, pitted and cut into ½-inch pieces

In medium bowl, toss all ingredients except avocado until well combined; gently fold in avocado.

Approximate nutritional values per serving (each ¼ cup):

85 Calories, 5g Fat (1g Saturated), 0mg Cholesterol,

85mg Sodium, 10g Carbohydrates, 3g Fiber, 1g Protein