

Recipes makes: 4 Servings (2 Tacos, each)



Ingredients-

- ♥ 1 Lb Firm White Fish (Tilapia, Halibut, Pollok, Cod, Mahi Mahi)
- ♥ 8, 4-inch Corn Tortillas
- ♥ 1 Mango
- ♥ 1 Pineapple
- ♥ 1 Red Bell Pepper
- ♥ 1 Red Onion
- ♥ 1 Cup Cilantro
- ♥ 1 Jalapeno (if desired)
- ♥ 3 oz D'Avolio Extra Virgin Olive Oil
- ♥ 1 oz D'Avolio Champagne Vinegar
- ♥ Salt and Pepper to taste
(Maximum 1 tsp salt)
- ♥ 2-3 Limes

PREPARATION:

1. Preheat a griddle pan, or Cast Iron Grill Pan on medium-high heat.
2. Dice mango, pineapple, peppers, onions, jalapenos and cilantro.
3. Put oil, salt, and pepper into a bowl. Slowly mix the oil into the vinegar to combine.
4. Mix dressing into a bowl containing all the diced fruit and veggies.
5. Adjust seasoning with salt and pepper, now you can add jalapeno and cilantro to your taste.
6. Make sure the fish is patted dry of any moisture. Lightly season with salt and pepper.
7. Place fish in the hot grill pan for about 2 minutes per side. (It should be opaque inside and flaky)
8. Warm tortillas in a pan or on a griddle
9. Place fish inside the tortilla, top with as much salsa as desired.
10. Garnish with more chopped cilantro and serve with fresh lime wedges.
11. Enjoy!

Nutrition Facts	
Serving Size: 2 Tacos	
Servings: 4	
Amount Per Serving	
Calories 500	Calories from Fat 240
% Daily Value*	
Total Fat 26g	41%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 75mg	24%
Sodium 690mg	29%
Total Carbohydrate 38g	13%
Dietary Fiber 6g	24%
Sugars 11g	
Protein 31g	
Vitamin A 10%	• Vitamin C 100%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	