



Healthy HARVEST

Quick Tilapia tacos with Mango salsa

Serves approx 4-6

What you'll need for the tacos:

- Olive oil/cooking spray
- 4 tilapia filets
- 2 teaspoons cumin
- 1 teaspoon coriander
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt & pepper each
- Zest and juice of 1 small lime
- Red/yellow onion, sliced thin (optional)
- For serving: tortillas, shredded lettuce, salsa or pico de gallo, avocado, cheese, cilantro

1. In a small bowl, combine all of the spices (cumin through salt and pepper). Set aside. Pat the tilapia filets dry with a paper towel.
2. Heat a large skillet with a lid over medium-high heat. Drizzle a bit of olive oil or cooking spray in the pan and add the filets- they should sizzle but not sear. Adjust the heat as necessary. Sprinkle a pinch of the taco seasoning mix evenly over each filet.
3. Cook the filets about 2-3 minutes – the bottoms should be slightly golden brown in color. Carefully flip, adding a touch more oil or cooking spray if the pan is dry. Add a pinch or two more of the seasoning on each filet. ** If using onion slices, add them here.*
4. Making sure the pan is hot, have the lid ready- add the lime juice and zest to the pan. It should sizzle and create steam- quickly place the lid on the skillet (we are steaming the fish here and sealing in flavor!) Steam for about 1 minute.
5. To check if the fish is done, use a fork to flake apart the thickest part of the fish. It should flake and fall apart easily.
6. To serve: you may either keep the fish in whole pieces or flake apart with a fork. Serve on corn or whole wheat flour tortillas with any toppings you like!



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Simple mango salsa

Ingredients:

- 2-3 ripe mangoes, peeled and diced
- 1 small or ½ a large red onion, diced
- 1 garlic clove, minced
- 2-3 tablespoons minced cilantro (more/less to taste)
- Juice of 1 small lime
- Pinch of salt and pepper, to taste
- 1 tablespoon each red wine vinegar and olive oil
- ¼ tsp cumin and coriander

Combine all ingredients in a small bowl and enjoy! Tastes best if refrigerated at least 30 minutes or up to overnight. Enjoy with grilled chicken, fish tacos or tortilla chips!