

Cod Tacos with Mango Papaya Salsa

Karen's Inspiration

Servings: 5

Yield: 12 Tacos



Cod Tacos with Tropical Salsa

soft corn tortilla tacos with sauteed white fish and a fresh fruit salsa

Note, may need to use two tortillas per taco if too fragile with one.

- 1. Prepare the salsa ingredients, combine and set aside.**
- 2. Evenly distribute the seasoning over the cut fish.**
- 3. Heat saute pan with oil on medium heat and saute the fish until opaque, about 4 minutes**
- 4. Heat tortillas, I microwaved 6 at a time in a tortilla warmer for two rounds of 30 seconds on high.**
- 5. Divide fish among the 12 tortillas, top each taco with 2-3 tablespoons salsa and garnish as desired. Note: The Chalula Green Pepper has a kick. Serve immediately.**

MANGO AND PAPAYA SALSA

1 cup mango, peeled and cut in 1/2 inch dice

1 cup papaya, peeled and cut in 1/2 inch dice

1 cup red onion, cut in 1/4 inch dice

1 cup cilantro, roughly chopped

2 jalapenos, minced

2 limes

1 teaspoon salt, or to taste

Savory Spice brand Peruvian Chili Lime Seasoning, about 1 teaspoon or to taste

TACOS

20 Ounces cod fillets, sole works great too, cubed small

1/2 teaspoon salt

Savory Spice brand Peruvian Chili Lime Seasoning, about 1 teaspoon or to taste

1 tablespoon oil, grape seed or EVOO both work great

12 corn tortillas

CONDIMENTS: *Hot Sauce (Cholula Green Pepper recommended), Sour Cream, Lime wedges, Cubed Avocado*



Per Serving (excluding unknown items): 317 Calories; 6g Fat (15.2% calories from fat); 25g Protein; 45g Carbohydrate; 7g Dietary Fiber; 49mg Cholesterol; 792mg Sodium; 14g Total Sugars; 1mcg Vitamin D; 101mg Calcium; 2mg Iron; 855mg Potassium; 443mg Phosphorus. Exchanges: .

Serving Ideas: *Can make Salsa several hours ahead. Fish can be cut and seasoned hours ahead, ready to saute.*

Karen's recipe at tastingspoons.com