

Heart Healthy Fish Tacos

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Ingredients:

2 6 oz. salmon fillets

Olive oil spray

1 Tbls. Chef Paul Prudhomme's

Blackened Red Fish Seasoning

4 6 oz. whole wheat tortillas

1/4 avocado (sliced)

1 cup Napa cabbage

(shredded)

1/4 cup Greek yogurt

1 Tbls. cilantro (chopped)

1/2 cup fresh salsa

Directions:

Cut salmon fillets into 1/2 inch strips. Toss in blackening seasoning until evenly coated.

Spray olive oil in a large skillet on medium-high heat.

Add salmon to skillet. Cooking for four minutes before flipping. Cook other side for four minutes or until light pink throughout.

Wrap tortillas in a damp paper towel and microwave for 30 seconds.

Mix cilantro with Greek yogurt.

Assemble each taco by putting 1 Tbls. of yogurt mixture on the tortilla, 2 slices of avocado, 3 oz. of salmon, 1/4 cup cabbage and 2 Tbls. salsa.

Yields: 4 tacos

Serving size: 2 tacos

Calories per serving: 498.5