

# Heart Healthy Fish Tacos

## Ingredients:

2 6 oz. salmon fillets	1/4 avocado (sliced)
Olive oil spray	1 cup Napa cabbage (shredded)
1 Tbls. Chef Paul Prudhomme's Blackened Red Fish Seasoning	1/4 cup Greek yogurt
4 6 oz. whole wheat tortillas	1 Tbls. cilantro (chopped)
	1/2 cup fresh salsa



## Directions:

Cut salmon fillets into ½ 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, ¼ cup cabbage and 2 Tbls. salsa.

Yields: 4 tacos

Serving size: 2 tacos

Calories per serving: 498.5

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