

Fish Tacos

Grill the Fish

Use any white fish – tilapia, cod, haddock, catfish, bass – when making fish tacos.

- 1 Place fish on aluminum foil that has been lightly sprayed with vegetable oil spray.
- 2 Season fish with salt, pepper and lemon.
- 3 Place fish on hot grill without direct heat from coals to avoid burning.
- 4 Cover the grill and cook for about 10 minutes, or until fish is done.

Not nice enough to grill outside?

Fish can be baked in a 350° oven.



Put together Fish Tacos

- 1 Serve grilled or baked fish in warm tortillas.
 - 2 Top with finely shredded cabbage.
 - 3 Add Lime Sauce and eat!
- ✓ Use whole wheat or whole corn tortillas – more nutrition for your family.
 - ✓ Try a tomato salsa instead of the lime sauce.



Lime Sauce

- ½ cup low fat mayonnaise
- ½ cup low fat sour cream
- 1 tomato, seeds removed and chopped
- 2 tablespoon lime juice
- 1 clove garlic, minced
- 4 tablespoons chopped fresh cilantro
- Salt and pepper
- 1/8 teaspoon hot sauce

Combine all ingredients and refrigerate.

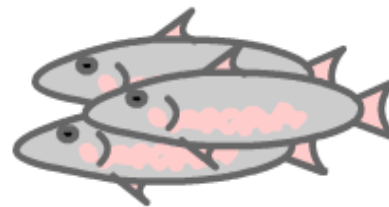
The American Heart Association recommends eating fish 2 times each week, especially fish with omega 3 fatty acids.

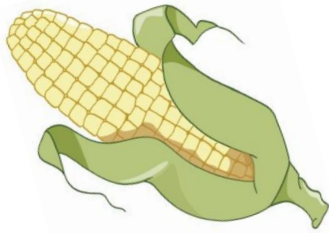
Which fish are high in omega 3 fatty acids?

All fish are a healthy choice for your family. Fish high in omega 3 fatty acids include salmon, mackerel, herring, lake trout, sardines and albacore tuna.

Why are omega 3 fatty acids healthy?

They have been found to help protect against heart disease.





Grilled Corn

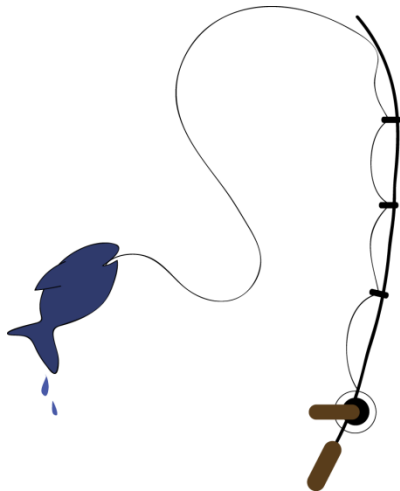
To make tender corn on the cob with a great smoky grilled flavor, remove most of the husk and silk from the ears of corn before grilling.

Leave only one layer of husk on the cobs of corn.

Grill corn for 30 to 45 minutes, turning occasionally, until fully cooked.

Try soaking cobs of corn in a large pan of cold water for 15 to 30 minutes before grilling.

This will help keep the corn moist.



Grilled Salmon

Salmon is a popular fish for many families.
Try Salmon!
It cooks quickly in the oven or on the grill.

Spread one of the following sauces on the salmon while cooking:

- Barbecue sauce
- Lemon juice and Cajun seasoning
- Low fat Ranch salad dressing
- Low fat Italian salad dressing

Eat a variety of Fish

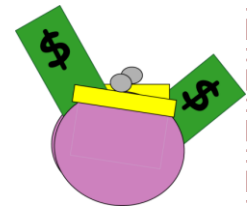
Any type of fish can be grilled or baked – salmon, bass, catfish, cod and others.

Fish is a good buy.

4 ounces of fish is a serving.
One pound of fish will serve 4.
There is no waste from bone or fat.

Save even more money – go fishing this summer and catch your own fish.

Or find someone who loves to fish and catches more fish than they can eat.



What can you do?

- Cook Fish Tacos for my family.
- Serve fish twice a week whenever possible.
- Try grilled corn on the cob.
- Other: _____