

Summer e a t s Recipes

Week 1: Grilled Fish Tacos with Chipotle Lime Dressing

According to the Government of Canada, there has been consistent evidence for association between:

- Increased seafood consumption and a **decreased risk of cardiovascular deaths and events**.
- Seafood or fish-oil supplement consumption during pregnancy or breastfeeding and improved pregnancy outcomes (ex. **increased length of gestation** and **improved developmental outcomes**).

*Canada's Food Guide recommends **at least two servings of fish each week** (at least 150 g of cooked fish each week) and to select fatty fish, which is higher in omega-3 fats.*

Grilled Fish Tacos with Chipotle Lime Dressing

Marinade	Dressing	Toppings
¼ cup extra virgin olive oil	1 (8 ounce) container light sour cream	1 package whole wheat tortillas
2 tbsp white vinegar	½ cup adobo sauce from chipotle peppers	3 tomatoes, diced
2 tbsp fresh lime juice	2 tbsp fresh lime juice	2 ears of fresh corn
2 tsp lime zest	2 tsp lime zest	1 bunch cilantro
1 1/2 tsp honey	¼ tsp cumin	1 sweet pepper, diced
2 cloves garlic, minced	¼ tsp chili powder	lime wedges
½ tsp cumin	½ tsp seafood seasoning	
½ tsp chili powder	salt and pepper to taste	
1 tsp seafood seasoning		
½ tsp ground black pepper		
1 tsp hot pepper sauce, or to taste		
1 pound tilapia fillets, cut into chunks		

Directions

1. For the marinade, whisk all the ingredients together in a bowl until blended. Place the tilapia in a shallow dish, and pour the marinade over the fish. Cover, and refrigerate 6 to 8 hours.
2. For the dressing, combine the sour cream and adobo sauce in a bowl. Stir in the lime juice, lime zest, cumin, chili powder, seafood seasoning. Add salt, and pepper in desired amounts. Cover, and refrigerate until needed.
3. Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat. Remove fish from marinade, drain off any excess and discard marinade. Grill fish pieces until easily flaked with a fork, turning once, about 9 minutes.
4. Assemble tacos by placing fish pieces in the center of tortillas with desired amounts of toppings, then drizzle with dressing. To serve, roll up tortillas around fillings, and garnish with lime wedges.



Cook's Tip: The marinated fish in this recipe can also be cooked in the oven. Preheat oven to 350 degrees F and bake until it easily flakes with a fork, 9 to 11 minutes. Mahi-mahi can be substituted for the tilapia.

Nutritional Information (per serving)			
Calories	416	Potassium	751 mg
Protein	22.6 g	Cholesterol	43 mg
Carbohydrate	38.5 g	Sodium	709 mg
Total Fat	19.2 g	Fiber	6 g
Saturated Fat	5.3 g	Makes 6 servings	

Resources: <http://www.ats.agr.gc.ca/>, <http://www.allrecipes.com>