



# GRILLED FISH TACOS WITH PEACH SALSA

Set the stage for a delicious plate with these healthy fish tacos with peach salsa. Perfect for a summertime taco night!

**Preparation time:** 30 minutes

**Serves:** 4

## INGREDIENTS:

### For the salsa:

- 1 can (15.25 oz) peach halves, drained, rinsed and chopped (about 1 cup)
- ½ red bell pepper, finely chopped (about ½ cup)
- ¼ red onion, finely chopped (about ¼ cup)
- 1 whole jalapeño pepper, rinsed, seeded and finely chopped (about 1 tbsp)
- 1 tsp finely chopped fresh cilantro
- 2 tsp lemon juice

### For the fish:

- 4 tilapia fillets (about 1 lb)
- 1 tbsp chili powder
- ¼ tsp low-sodium adobo seasoning
- 1 packet low-sodium sazón seasoning
- 8 6" flour tortillas, warmed

## DIRECTIONS:

1. In medium bowl, stir together chopped peaches, bell pepper, onions, jalapeños, cilantro and lemon juice; cover and refrigerate until ready to use.

### For the fish:

2. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry; transfer to plate. In small bowl, stir together chili powder, low-sodium adobo, and sazón packet. Rub fish with spice mixture to coat completely.
3. Place fish on hot, greased grill grates. Cook, flipping once, until fish is opaque and flakes easily with fork (145 °F), about 8 minutes. Thinly slice fish.
4. To serve, fill each tortilla with ½ fish fillet and about ⅓ cup salsa.

## Serving Suggestions:

Serve with a Summer Corn Salad, chock full of vegetables, and a quick Mango Banana Shake, for your best taco night yet!

\* This is an adapted Goya recipe. Find original Goya recipes in the cookbook *The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking*. Photo credit: Goya.



Food Group Amounts	
Dairy	--
Fruits	½ cup
Vegetables	¼ cup
Grains	1.5 oz
Protein	3 oz

Nutrition Facts			
Serving Size (298g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 330	<b>Calories from Fat</b> 45		
% Daily Value*			
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 55mg			<b>18%</b>
<b>Sodium</b> 380mg			<b>16%</b>
<b>Total Carbohydrate</b> 44g			<b>15%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 18g			
<b>Protein</b> 27g			
Vitamin A 25%		Vitamin C 45%	
Calcium 6%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4



United States  
Department of  
Agriculture

