

# Grilled Fish Tacos with Peach Salsa

Rating: ★★★★★

Prep time: 30 minutes

Makes: 4 Servings

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

## Ingredients

For the salsa:

**1 can** 15.25 ounces peach halves (drained, rinsed, and chopped (about 1 cup))

**1/2** red bell pepper (finely chopped (about 1/2 cup))

**1/4** red onion (finely chopped (about 1/4 cup))

**1** whole jalapeno pepper (rinsed, seeded, and finely chopped)

**1 tablespoon** fresh cilantro (finely chopped)

**2 teaspoons** lemon juice

For the fish:

**4** tilapia fillets (about 1 lb)

**1 tablespoon** chili powder

**1/4 teaspoon** low-sodium adobo seasoning

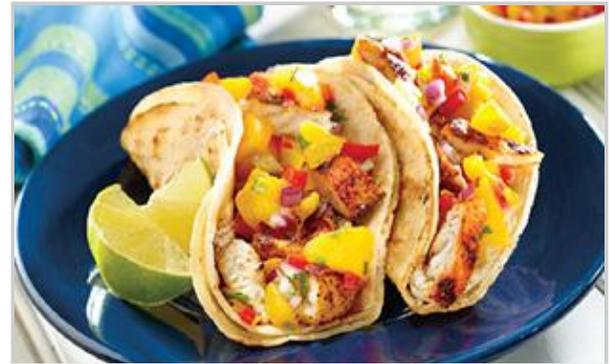
**1 package** low-sodium sazón seasoning

**8** 6" flour tortillas (warmed)

## Directions

For the Salsa:

1. In a medium bowl, stir together chopped peaches, bell



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	330	
Total Fat	5 g	8%
Protein	27 g	
Carbohydrates	44 g	15%
Dietary Fiber	3 mg	12%
Saturated Fat	1.5 g	8%
Sodium	380 mg	16%

## MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/4 cup
Grains	2 ounces
Protein Foods	2 1/2 ounces

pepper, onions, jalapenos, cilantro, and lemon juice; cover and refrigerate until ready to use.

For the fish:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo and sazón packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

## Notes

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

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