



Grilled Baja–Style Fish Tacos

Ingredients:

1 tablespoon olive oil
2 tablespoons fresh lime juice, divided
1 pound swordfish steak or other hearty white fish fillets (such as halibut or cod)
Salt and freshly ground black pepper
1/2 cup chopped fresh cilantro
1/4 cup reduced-fat or regular sour cream
1/4 cup good-quality light mayonnaise, such as Hellmann's
1 jalapeño, seeded and finely chopped
8 (6-inch) corn tortillas
1 cup shredded cabbage or coleslaw mix
1 tomato, chopped

Directions:

In a shallow plate, combine oil and 1 tablespoon lime juice. Add fish, turning to coat, and marinate for 15 minutes. Preheat a lightly oiled grill to medium-high. Remove fish from marinade and sprinkle with salt and pepper. Grill fish for 4 to 7 minutes per side, or until cooked through. Remove from grill and let rest for 5 minutes before slicing into 1/3- to 1/2-inch thick pieces. Meanwhile, in a bowl, combine cilantro, sour cream, mayonnaise,



jalapeño, and the remaining 1 tablespoon lime juice. Wrap the tortillas in a damp paper towel and warm in the microwave on HIGH for 15 to 30 seconds. Top each tortilla with cabbage, sour cream mixture, and fish. Sprinkle with tomatoes.

Serves 4

Prep Time: 30 min. or less, incl. marinating

Total Time: 45 min. or less

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The Great American Eat-Right Cookbook. Atlanta, GA:
American Cancer Society; 2007, www.cancer.org/bookstore.

Per Serving

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|---------------------------|--------|
| Calories | 350 |
| Calories from Fat | 135 |
| Total Fat | 15.0 g |
| Saturated Fat | 3.6 g |
| Trans Fat | 0.0 g |
| Polyunsaturated Fat | 4.8 g |
| Monounsaturated Fat | 5.4 g |
| Cholesterol | 55 mg |
| Sodium | 270 mg |
| Total Carbohydrate | 27 g |
| Dietary Fiber | 4 g |
| Sugars | 4 g |
| Protein | 27 g |



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