

HEALTHY FISH TACOS

THE sportsgrille

Hilton Downtown

6 oz of Mahi Mahi (or fish of your liking) salt and pepper to taste
1 half lime at room temp 2 tbsp of diced seedless tomatoes
1 oz of white wine 2/ 6" flour tortillas
6 leaves of fresh cilantro .25 oz shredded cabbage
Old bay seasoning to taste

SAUCE

2 tbsp light yogurt or light sour cream, mix in some chopped chipotle peppers (or your choice), dash Worcestershire, salt and pepper to taste, squeeze 1/2 lemon at room temp (no seeds) and a couple of rough chopped chives mix all together.

(Instructions below)

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Get a sauté pan hot and add some canola oil. Season fish with old bay and salt & pepper, then put fish in pan skin side up; move just bit to make sure oil is under fish.

Sauté for a minute till fish starts to brown, and then turn it over. Let sit for 10 seconds then with tongs tear the fish up in to pieces and add the wine and lime juice over fish and mix in pan. As the liquid is reducing add the cilantro. When fish is cooked (no translucent color left), check to see if you need more seasoning and toss in the tomatoes.

On each tortilla spread some sauce on one side and put cabbage on it. Now spread fish evenly on each taco, fold like taco or burrito and eat. You can top with onions or anything else you like; I suggest an asparagus to go with this dish.