



Grilled Fish Tacos with Pineapple Salsa

Shine 365
Marshfield Clinic

PREP TIME: 45 minutes • **COOK TIME:** 10 minutes • **SERVINGS:** 4 to 6 servings

INGREDIENTS

- 2 tablespoons Simply Organic Seafood® Grilling Seasons 2.2 oz.
- 1 ½ pounds flaky white fish (such as snapper, mahi mahi or cod)
- ⅓ cup + 1 tablespoon extra virgin olive oil
- ¼ cup cilantro, chopped
- 2 limes, juiced and zested
- 8 to 10 soft corn tortillas
- 2 cups chopped pineapple
- ½ cup chopped red onion
- ⅓ cup chopped cilantro
- ½ small jalapeno, chopped (about 2 teaspoons)
pinch of salt

NUTRITION INFORMATION

Each serving (2 tacos) contains about 295 calories, 11 g carbs, 14 g fat, 33 g protein, 281 mg sodium and 1 g sugar.

INSTRUCTIONS

1. In a large storage bag, combine ½ cup olive oil, cilantro, lime juice from one lime, lime zest and seafood seasoning. Place the fish in the bag and seal. Let marinate for 30 minutes.
2. Heat the grill to medium-high. Remove the fish from the marinade. Grill the fish for 3 to 4 minutes on each side. Remove fish from grill, let sit for a few minutes, then flake it with a fork.

TO ASSEMBLE THE TACOS

1. Grill tortillas for about 30 seconds per side until warm and pliable.
2. Top or fill corn tortillas with fish and pineapple salsa.

SALSA

In a medium-size bowl, combine onion, pepper, pineapple, 1 tablespoon olive oil, salt, cilantro and jalapeno ingredients and gently toss.

For richer flavor, prepare the salsa a few hours before serving and allow it to rest in the refrigerator.