
Salmon Tacos

Serves 4; Prep time: 10 minutes; Total time: 20 minutes

Combine this nutritious fish with south-of-theborder staples-tortillas, cilantro, lime-for an unexpected microwave meal.

- 1 1/4 pounds salmon fillet
- Coarse salt and ground pepper
- 2 tablespoons fresh lime juice (from about 1 lime)
- 4 scallions, thinly sliced on the diagonal
- 1 cup packed fresh cilantro, coarsely chopped
- 1/2 cup reduced-fat sour cream
- 8 whole-wheat tortillas (6-inch) 4 cups shredded romaine lettuce
- 2 medium carrots, peeled into strips

Directions

1. Prepare salmon: Place salmon in a 2- to 2 1/2-quart shallow microwave-safe dish with a lid. Season with salt; drizzle with 1 tablespoon lime juice. Sprinkle with scallions and 1/4 cup cilantro. Cover, and microwave on high 7 minutes, until fish is cooked through. Pour off any liquid from dish; using a fork, flake fish.
2. Make sauce: Meanwhile, in a small bowl, stir together sour cream, remaining tablespoon lime juice, and remaining 3/4 cup cilantro. Season with salt and pepper.
3. Assemble: Stack tortillas between two white paper towels. Microwave on high for 45 seconds, or until warmed through. Arrange lettuce and carrots down center of each tortilla; top with salmon. Drizzle lightly with sauce, and fold in half. Serve 2 tacos per person, with remaining sauce.

434 cal; 16.9 g fat (3.8 g sat fat); 36.5 g protein; 32.9 carb; 18 g fiber

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