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# Grilled Fish Tacos with Strawberry Mango Salsa

*Recipe by Leana Coffey*

Summer is for grilling! You don't have to wait for a Tuesday to make these grilled fish tacos. Grilling the fish instead of frying it makes this recipe healthy, delicious, and the cleanup is a snap. Use any firm white fish such as tilapia, cod, or mahi mahi, all excellent sources of lean protein and healthy Omega-3 fats. The strawberry mango salsa is the perfect topping. Double the recipe to eat with whole wheat tortilla chips later.

## Ingredients

- 1 lb firm white fish (cod, tilapia, snapper), cut into 1 inch thick fillets
- 1 lime, juice of
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 8 corn or whole wheat tortillas, small
- Lime, cilantro, Tabasco sauce, for garnish
- Strawberry mango salsa

## Instructions

1. In a flat rimmed baking dish, whisk together lime juice, cumin, chili powder, salt and black pepper. Add fish and flip it around until evenly coated. Let fish marinate in the refrigerator for at least 15 minutes.
2. In the meanwhile, prepare strawberry mango salsa by adding all ingredients in a medium bowl. Adjust salt and spiciness to taste.
  - 1 cup strawberries, diced
  - 1 medium mango, diced
  - 1 medium avocado, diced
  - 2 tbsp onion, minced
  - 1 jalapeño, seeded and finely chopped (leave some seeds for spiciness)
  - 1/2 cup cilantro, chopped
  - 1/2 lime, juice of
  - 1/2 tsp salt
  - Tabasco or red hot pepper flakes, to taste (optional)



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3. Preheat an indoor/outdoor grill or large non-stick skillet on medium high heat and spray with cooking spray. Place fish on the grill/skillet and cook untouched until white and opaque on the bottom, about 4 minutes. Carefully flip on the other side and cook another 4 minutes. If using an indoor grill, you won't have to flip the fish and cook for 4 minutes total. Transfer to a platter and using the fork break into large flakes.
4. Warm up tortillas on the grill or in the microwave. To assemble a taco, place desired amount of fish in a warm tortilla, and top it with strawberry mango salsa and any optional garnishes. ■