

FISH TACOS

INGREDIENTS

1 mango cubed	1 lbs. tilapia fillets
1 avocado cubed	½ tsp. Hy-Vee garlic powder
¼ c. red onion, finely chopped	½ tsp. Hy-Vee ground cumin
2 tbsp. cilantro, chopped	½ tsp. Hy-Vee cayenne pepper
2 tbsp. fresh lime juice	1 tbsp. butter or coconut oil
1 tsp. sea salt, divided	4 Siete tortillas

PROCEDURE

Combine mango, avocado, onion, cilantro, lime juice, and 1/2 teaspoon salt in a medium bowl; toss gently. Cover and refrigerate.

Pat fish dry with paper towels. Combine remaining 1/2 teaspoon salt, garlic powder, cumin, and cayenne pepper; rub mixture on fish.

Heat oil in a large skillet over medium heat. Cook fish in butter or coconut oil for 5 minutes or until fish easily flakes with a fork (145 degrees), turning once.

Fill tortillas with fish and salsa.