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DELISH ALASKA FISH TACOS

Prep time: 5 minutes

Cook time: 15 minutes

Servings: 4 (2 tacos each)

2 cups packaged coleslaw mix
1/2 cup fresh cilantro leaves
2 Tablespoons rice vinegar
3/4 to 1 cup regular or low-fat mayonnaise
1/2 cup canned diced tomatoes with green chiles, drained
or 2 Tablespoons minced canned chipotle chiles in adobo sauce
4 Alaska Salmon fillets (4 to 6 oz. each), fresh, thawed or frozen
1 Tablespoon olive, canola, peanut or grapeseed oil
2 teaspoons taco or adobo seasoning
16 small (6 to 7-inch) white or yellow corn tortillas, warmed
1 lime, cut in 8 wedges

In bowl, mix coleslaw and cilantro. Sprinkle with rice vinegar and toss to coat; set aside. In separate small bowl, blend mayonnaise with diced tomatoes/chiles or chipotle chiles; set aside.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place fillets in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn fillets over and sprinkle with taco or adobo seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove skin, if any, and break into large chunks.

To serve, divide salmon among tortillas that have been doubled (8 tacos). Squeeze a lime wedge over the salmon in each taco, then divide coleslaw and mayonnaise between tacos.

Nutrients per serving (2 tacos): 783 calories, 46g total fat, 7g saturated fat, 53% calories from fat, 125mg cholesterol, 41g protein, 54g carbohydrate, 8g fiber, 699mg sodium, 173mg calcium, and 2430mg omega-3 fatty acids.