

Fish Tacos

Ingredients:

Serves 4

Salad

1 head of cabbage
2 tablespoons mayonnaise
2 tablespoons cilantro finely chopped
Juice of ½ lime
Salt and pepper

Tacos

1 package small white corn tortillas
olive oil
8oz. tilapia or 2 filets
2 tablespoons flour
1 can refried beans
Kernels from 1 ear of corn boiled for 2 minutes
1 bunch green onions finely chopped
2 tablespoons cilantro finely chopped
1 jalapeno chili diced
2 tablespoons lime juice
2 tablespoons chives finely chopped
1 avocado chopped

Preparation:

Finely shred ½ of the cabbage in a salad bowl. Add 2 tablespoons mayonnaise, the cilantro, lime juice and salt and pepper to taste. Mix thoroughly until all the cabbage is lightly covered with the dressing. Set aside.

Warm the beans in a pot over low heat. Add 2 tablespoons of water and stir well if they become too stiff.

Dip the tilapia filets in flour, shake off the excess and sauté them in olive oil, about three minutes per side, until they are crispy and brown on the outside and just cooked through inside.

Spread 8 tortillas with the beans and put them in the oven for about 2 minutes until the tortillas are warm and the beans steamy.

Remove tortillas from the oven, placing 2 on each plate. Top each one with a slice of filet, sprinkle condiments on top and cover with cabbage salad. Serve immediately.