

Grilled Fish Tacos with Chipotle Cream

Simple Every Day | June 2008



Fresh and light fish tacos transport you to the Mexican coast in a matter of minutes.

- 1 LB. FRESH SKINLESS RED SNAPPER, TILAPIA, OR SOLE FILLETS, ABOUT 1/2 INCH THICK
- 1 TBSP. COOKING OIL
- 1 TSP. ANCHO CHILI POWDER
- 1/2 TSP. GROUND CUMIN
- 1/4 TSP. EACH SALT AND FRESHLY GROUND BLACK PEPPER
- 6 6-INCH TOSTADA SHELLS OR TORTILLAS
- 1/2 CUP DAIRY SOUR CREAM
- 1 TSP. CHIPOTLE CHILE PEPPER IN ADOBO SAUCE, FINELY CHOPPED
- 2 CUPS SHREDDED ROMAINE LETTUCE OR PACKAGED CABBAGE WITH CARROT (COLESLAW MIX)
- 1 RIPE AVOCADO, HALVED, SEEDED, PEELED, AND CUT INTO THIN SLICES (OPTIONAL)
- 1 CUP REFRIGERATED FRESH SALSA
- 1 LIME, CUT INTO WEDGES
- SNIPPED CILANTRO (OPTIONAL)
- BLACK BEAN SALAD (OPTIONAL)

Preheat gas or charcoal grill. Place fish fillets on a plate; rub each fillet on both sides with the oil. In a small bowl combine chili powder, cumin, salt, and pepper; rub onto fillets on both sides. Stack tortillas and wrap in foil, if using. For chipotle cream, in another small bowl combine sour cream and chipotle pepper; set aside. For a charcoal grill, place fish and tortilla stack on the greased rack of an uncovered grill directly over medium coals just until fish flakes easily when tested with a fork and tortillas are warm, turning fish and tortilla stack once. Allow 4 to 6 minutes per 1/2-inch thickness of fish. (For a gas grill, preheat grill. Reduce heat to medium. Place fish and tortilla stack on greased grill rack over heat. Cover and grill as above.) Top tostadas or fill tortillas with lettuce, fish, and avocado slices. Serve with salsa, chipotle cream, lime wedges, and cilantro, if desired. Serve with *Black Bean Salad* (recipe below), if desired. Makes 6 servings.

Per serving: 215 cal., 9 g fat (3 g sat. fat), 35 mg chol., 515 mg sodium, 15 g carbo., 3 g fiber, 18 g pro.

SNAPPY SIDE

A quick-to-fix **BLACK BEAN SALAD** is a good match with our tropical tacos. Stir together a 15-ounce can of black beans, rinsed and drained; diced red onion; quartered grape tomatoes; chopped red sweet pepper; chopped canned green chiles, drained; chopped cilantro; fresh lime juice; a little olive oil; and ground cumin and salt to taste.