

# HARVEST OF THE MONTH

## Fish Tacos



**Week 1, Wednesday Lunch, (3/6/13)**

**Instead of Creamy Baked Chicken**

Serving Size: 2 Tacos  
Recipe Inspired by Food Network

**HOME:** \_\_\_\_\_

**COMMENTS:**

### Ingredients

- 4 lb white fish (Petrale Sole)
- ½ cup soybean oil
- ½ cup lemon juice
- 1 tbsp chili powder
- ¼ cup chopped fresh cilantro leaves
- 2 packs corn tortillas
- Shredded cabbage
- Hot sauce
- Sour cream
- 2 thinly sliced red onions
- Thinly sliced green onion
- Chopped cilantro leaves
- Tomato salsa

### Directions

1. Combine oil, lime juice, chili powder, and cilantro. Pat fish fillets dry with a paper towel and place fillets in a baking dish. Pour the sauce mixture over the fish, and cover with aluminum foil. Let marinade overnight.
2. Bake fish in the oven at 350 degrees, for about 15 minutes, until flakey.
3. Warm the tortillas on a skillet.
4. Add fish and garnish with cabbage, sour cream, red onion, green onion, cilantro, salsa, and hot sauce.