



## LESSON 4

### SEAFOOD TIPS: SELECTING, BUYING, HANDLING, STORING, AND COOKING

#### ACTIVITY:

#### MAKING FISH TACOS & MANGO SALSA

##### **Fish Tacos**

- Two trout, catfish, or tilapia fillets, 3 to 4 oz. each
- 1 teaspoon olive oil
- Juice of small lime
- Salt and pepper
- 2 small whole wheat tortillas or 4 corn tortillas
- Other toppings: 1 cup green cabbage, thinly sliced, ½ cup avocado, sliced, 1 red bell pepper, thinly sliced

Coat fish on both sides with olive oil, lime juice, salt, and pepper. Place on broiler tray and refrigerate while you prepare salsa and other toppings. Broil fish on high for 4 to 5 minutes until fish flakes. Place fish on warm tortilla, top with salsa and toppings.

##### **Mango Salsa**

Mix together the following ingredients:

- ¼ pound tomatillos, husks removed, chopped
- 1 bunch cilantro, stems removed, chopped
- 2 small mangos, peeled and chopped
- 1 large clove garlic, diced
- Salt and pepper to taste
- 1 or 2 jalapeños, seeded and diced (optional)