



## Grilled Fish Tacos with Peach Salsa

### Ingredients:

Serves: 4

### For the salsa:

1 can (15.25 oz.) peach halves, drained, rinsed and chopped (about 1 cup)

½ red bell pepper, finely chopped (about ½ cup)

¼ red onion, finely chopped (about ¼ cup)

1 whole jalapeño pepper, rinsed, seeded and finely chopped (about 1 tbsp)

1 tbsp. finely chopped fresh Cilantro

2 tsp lemon juice

### For the fish:

4 tilapia fillets (about 1 lb)

1 tbsp. chili powder

¼ tsp low-sodium adobo seasoning

1 packet low-sodium sazón seasoning

8 6" flour tortillas, warmed



### Directions:

1. In medium bowl, stir together chopped peaches, bell pepper, onions, jalapeños, cilantro and lemon juice; cover and refrigerate until ready to use.

For the fish:

2. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry; transfer to plate. In small bowl, stir together chili powder, low-sodium adobo, and sazón packet. Rub fish with spice mixture to coat completely.

3. Place fish on hot, greased grill grates. Cook, flipping once, until fish is opaque and flakes easily with fork (145 °F), about 8 minutes. Thinly slice fish.

4. To serve, fill each tortilla with ½ fish fillet and about 1/3 cup salsa.





**Nutrition Facts:** Calories, 330; Calories from fat, 40; Total fat, 5g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 55mg; Sodium, 380mg; Total Carbohydrate, 44g; Fiber, 3g; Protein, 27g; Vit. A, 25%; Vit. C, 45%; Calcium, 6%; Iron, 15%.

Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)



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