

# FISH TACOS

4 servings

8 white corn  
or taco-size flour tortillas

Buttermilk Ranch Dressing (p. 198),  
or bottled ranch dressing

1 pound tilapia

3 tablespoons olive oil

Salt and ground black pepper

## CONDIMENTS:

Diced tomatoes

Sprigs of fresh cilantro

Sliced avocado

Shredded cabbage

Tabasco sauce

1. Preheat the oven to 325 degrees. Wrap the tortillas in aluminum foil and heat in the oven 20 to 30 minutes.
2. Meanwhile, make the dressing and set aside.
3. Prepare the condiments and put them in individual serving bowls and place them on the dinner table.
4. Heat the oil in a large skillet over medium heat and fry the fish. Cooking time will depend on the thickness of the fish. A thin fillet may need only 2 to 3 minutes on each side; a thicker fillet may need 4 to 5 minutes on each side. The fish is done when it flakes easily with a fork. The outside should be crunchy, the inside soft. Remove the fish to a plate and season with the salt and pepper.
5. To serve, pass the tortillas, fish, condiments, and dressing.

Serve with **Santa Fe Lime Rice** (p. 123), black beans, and a bowl of crunchy red, orange, and yellow bell pepper strips.

## Variations:

- ◆ Use sour cream instead of the dressing: spread it on the warm tortillas, then add the fish and toppings.
- ◆ For crisp corn tortillas, fry them in hot canola oil following the instructions on page 110, step 2, using about 1/2 cup of oil.
- ◆ Omit the tomatoes, cilantro, avocado, and cabbage, and replace with **Mango Salsa** (p. 124).

## WEDNESDAY FISH & MEATLESS

*I like to try fish tacos wherever in the world we are traveling, and it's easy to do because they are popular everywhere. No wonder—they are easy to prepare and healthful since they're low in fat and calories. Most of the calories are in the dressing, so use it in moderation.*