



## Baked Fish 4 servings

Herbs and spices give this fish lots of flavor for an easy weekday meal.

### Ingredients

- 1 pound cod fillets (fresh or frozen)
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 2 dashes pepper (1/8 teaspoon)
- 1/4 teaspoon oregano (dried)
- 1/4 teaspoon thyme (dried)
- 1 tablespoon lemon juice
- 1 1/2 tablespoons margarine (melted)

### Directions

1. Thaw frozen fish according to package directions, if using frozen fillets.
2. Preheat oven to 350 F.
3. Separate fish into four fillets or pieces.
4. Place fish in ungreased 13" x 9" baking dish.
5. Combine paprika, garlic powder, onion powder, pepper, oregano, and thyme in a small bowl.
6. Sprinkle seasoning mixture and lemon juice evenly over fish.
7. Drizzle margarine evenly over fish.
8. Bake until fish flakes easily with a fork, about 20-25 minutes.

Source:  
Bronson Wellness Center



## Fish Tacos 4 servings

Fish tacos are a fun way to add fish to your meal. Cabbage from the coleslaw mix gives some crunch and extra nutrients.

### Ingredients

- 1 red onion, chopped
- 1/2 cup cilantro, chopped
- 1 cup packaged coleslaw mix
- 4 4-ounce tilapia fillets (or any white fish)
- 8 small corn tortillas
- 1 teaspoon chili powder (more or less to taste)

### Directions

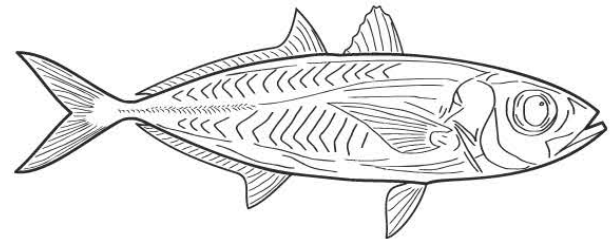
1. Clean and chop onion, cilantro, and cabbage. Mix in a bowl and set aside.
2. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
3. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it "flakes" or pulls apart easily when separated with a fork.
4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
5. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

### Notes:

Suggest serving with salsa and lemon or lime slices.

Source:  
ONIE Project - Oklahoma Nutrition Information and Education.

## ALL ABOUT FISH



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[www.glitc.org](http://www.glitc.org)

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## Mouth-Watering Oven-Fried Fish

**Makes:6 servings**

This spicy and savory oven-fried fish will be a hit in your home. Enjoy it with seasonal vegetables and a side of your favorite fruit.

### Ingredients

- 2 pounds fish fillets (see notes)
- 1 tablespoon lemon juice (fresh)
- 1/4 cup buttermilk, 1%
- 1 teaspoon garlic (fresh, minced)
- 2 teaspoons hot sauce
- 1/4 teaspoon white pepper (ground)
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/2 cup corn flakes (crumbled or regular breadcrumbs)
- 1 tablespoon vegetable oil
- 1 lemon (fresh, cut in wedges)

### Directions

1. Preheat oven to 475 F .
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.

### Notes:

May substitute black pepper for white pepper.

Source: US Department of Health and Human Services  
National Institutes of Health  
National Heart, Lung and Blood Institute, Heart Healthy  
Home Cooking: African American Style

## Grilled Fish Tacos with Peach

**Salsa**

Set the stage for a delicious plate with these healthy fish tacos with peach salsa. Perfect for a summertime taco night!

### Ingredients

For the salsa:

- 1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup)
- 1/2 red bell pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper (rinsed, seeded, and finely chopped)
- 1 tablespoon fresh cilantro (finely chopped)
- 2 teaspoons lemon juice

For the fish:

- 4 tilapia fillets (about 1 lb)
- 1 tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning
- 1 package low-sodium sazón seasoning
- 8 6" flour tortillas (warmed)

### Directions

For the Salsa:

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

For the Fish:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo and sazón packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

Notes:

Serving Suggestions: serve with a Summer Corn Salad, chock full of vegetables, and a quick Mango Banana Shake for your best taco night yet!

Source:

The Best of la Cocina Goya: Healthy, Tasty, Affordable Latin Cooking



## Spanish Baked Fish 4 servings

This delicious fish will pair well with spaghetti squash when in season, and whole wheat pasta or brown rice the rest of the year.

### Ingredients

- 1 pound perch fillets, fresh or frozen
- 1 cup tomato sauce
- 1 onion (small)
- 1/2 teaspoon garlic powder
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/8 teaspoon cumin (ground)

### Directions

1. Preheat the oven to 350 degrees F.
2. Lightly grease the baking dish with butter or margarine.
3. Separate the fish into 4 fillets or pieces.
4. Put the fish pieces in the baking dish.
5. Peel the onion, and cut it into slices.
6. Stir the onion, tomato sauce and spices together in a small bowl.
7. Pour the onion-spice mix evenly over the fish pieces.
8. Bake about 10 to 20 minutes, until the fish flakes easily with a fork.

Source:

Pennsylvania Nutrition Education Program,  
Pennsylvania Nutrition Education Network  
Website Recipes

**For more healthy fish recipes  
visit: [www.myplate.gov](http://www.myplate.gov)**