

STEP 01

MAKE THE SLAW

Ingredients - Southwestern Slaw

- 1 small purple cabbage, shredded (about 4 cups)
- 1 small carrot, grated
- 2-3 green onions, thinly sliced
- ½ jalapeño, seeded and minced (optional)
- 1 clove garlic, minced
- 1 tablespoon lime juice and lime zest
- 2 tablespoons mayonnaise
- Sugar, honey or agave nectar to taste (optional)
- Salt and pepper

Mix the mayonnaise, lime juice & zest, jalapeño and garlic together in a large bowl. Toss in the cabbage, carrot & onion. Refrigerate until you are ready to use. Add salt and pepper to taste and toss again before serving.

STEP 02

MAKE THE FISH

Ingredients - Baja Fish

- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 ½ teaspoons coarse salt
- 2 teaspoons ground coriander
- 2 teaspoons cracked black pepper
- 1 ½ pounds white fish (i.e. tilapia)

Heat your oven to 350 degrees. Toss all of the spices & herbs in a small bowl or container. Use baking spray to coat a baking pan. Pat your fish dry and lay the fish on the baking pan. Spray the top of the fish with baking spray. Sprinkle some of the spice mix over the top of the fish, then flip them over and sprinkle the bottoms. Use as much or as little spice mix as you like. Bake in the oven for 15-20 minutes until tender.

*Children should always have adult supervision when using sharp knives or hot surfaces.

Fast, Fun & Fresh Fish Tacos



MAKE THE PICO

STEP 03

Ingredients - Pico de Gallo

- 5 jalapeños, minced, seeds removed (optional)
- 7 roma tomatoes, diced (seeds optional)
- ½ large red onion
- 2 teaspoons minced garlic
- 2 tablespoons chopped fresh cilantro
- 1 dash salt

Toss all ingredients in a bowl and let it sit for 1 hour at room temperature for the flavors to blend.

MAKE YOUR TACO!

STEP 04

Ingredients

- 12 corn tortillas
- 1 avocado sliced or diced
- 1 Southwestern Slaw Recipe
- 1 Baja Fish Recipe
- 1 Pico de Gallo Recipe (as needed)

Divide the ingredients among the 12 tortillas, or have guests pick and choose which toppings they like. Recipe serves 4 people, 3 tacos each.

Recipe Provided by Executive Chef, Lisa Fidler of FineMark National Bank & Trust for Orangewood Elementary School and the American Heart Association Teaching Garden.