

Homemade Corn Tortilla Fish Tacos

Tortilla Ingredients:

2 cups masa harina “corn flour” (consider the brand Maseca, check to see it’s for tortillas and not tamales)

1 1/2 to 2 cups very warm water

Instructions:

- Place 2 cups of masa flour in a large bowl.
- Start by adding 1 1/2 cups of very warm water to the masa flour up to 2 cups
- Mix in and let sit for 5 minutes or so. Knead the dough:
- Knead, begin working the masa with your hands to make the dough. Work the dough for several minutes.
- Press the dough with your fingers and the palms of your hands as if you were kneading bread dough.
- The dough will start off a little gritty and become more pliable as you knead it.
- Form about 16-18 small uniform size balls
- Take 1 ball and place between two pieces of wax paper and roll out with a rolling pin until ½ in thick
- Place raw tortilla on a hot griddle or cast iron skillet for about 30 sec on each side



Fish

1 1/2 lb white fish

1/2 tsp ground cumin

1/2 tsp cayenne pepper

½ tsp salt or to taste

1/4 tsp black pepper

1 Tbsp olive oil



Taco Toppings

- 1/2 small purple cabbage or green lettuce
- 2 medium avocado, sliced
- 2 roma tomatoes, diced (optional)
- 5 diced green onion
- 1/2 bunch Cilantro, longer stems removed
- 2/3 c shredded cheese of choice
- 1 lime cut into 8 wedges to serve

Instructions:

1. Line large baking sheet with parchment or silicone liner. In a small dish, combine seasonings and sprinkle to all sides of white fish.
2. Lightly drizzle fish with olive oil. Bake at 375 for 20-25 min. To brown edges, broil for 3-5 minutes at the end if desired
3. Built your taco with fresh homemade tortilla: place in piece of fish and selected toppings

Nutrition Information:

Makes about 16-18 total

Serving size 1 taco

160 kcals, 15 g carb, 3 g fiber, 6 g fat, 8 g protein, 180 mg sodium

Adapted from Natasha's Kitchen: <https://natashaskitchen.com/fish-tacos-recipe/#jump-to-recipe>



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