Fish Tacos

Let guests assemble their own tacos using grilled fish, corn-avocado relish, salsa fresca, and garden slaw. Or serve plates of fish and accompaniments to each person, with tortillas on the side.

PREP AND COOK TIME: About 45 minutes
MAKES: 8 servings

- **4 pounds boned and skinned tilapia fillets or other firm, white-fleshed fish fillets**
- **4 red onions (6 oz. each)**
- **¼ cup vegetable oil**
- **1 teaspoon salt**
- **½ teaspoon pepper**
- **24 to 32 white corn tortillas (6 in.)**
- **Lime wedges**
- **Corn-avocado relish (recipe follows)**
- **Salsa fresca (recipe follows)**

1. Rinse fish and pat dry. Peel onions and cut lengthwise into quarters, keeping root ends intact. Brush both sides of the fish fillets and the onion quarters with oil. Sprinkle evenly with salt and pepper. Wrap stack of tortillas in foil.

2. Set tortillas and onions on an oiled barbecue grill over medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Cook tortillas until hot, turning 2 or 3 times, 10 to 15 minutes total. Place warm tortillas in a napkin-lined basket. Cook onions, turning once, until cooked through and lightly charred, 10 to 15 minutes total.

3. Grill the fish, turning once, until barely opaque in center of thickest part (cut to test), 6 to 8 minutes total.

4. Arrange fish, onions, and lime wedges on a platter or divide among plates. Offer relish and salsa to add to taste.

Per serving: 458 Cal., 19% (85 Cal.) from fat; 48 g protein; 9.4 g fat

Corn-Avocado Relish

In a large bowl, whisk together ¼ cup **lime juice,** 1 tablespoon **red wine vinegar,** 1 tablespoon **olive oil,** 1½ teaspoons **salt,** ½ teaspoon **pepper,** ¼ teaspoon **ground cumin,** and ⅛ teaspoon **cayenne.** Remove husks and silk from 2 ears **corn.** Cut kernels off cobs (about 2 cups) and add to bowl. Rinse, stem, seed, and dice 1 **red bell pepper** (8 oz.). Add bell pepper, ½ cup diced **red onion,** and ¼ cup chopped **cilantro** to bowl; stir into dressing. Peel, pit, and chop 3 firm-ripe **avocados** (1½ lb. total). Add to bowl and gently mix, taking care not to smash the avocado too much. Makes 6½ cups.

Per tablespoon: 12 Cal., 67% (8 Cal.) from fat; 0.2 g protein; 0.9 g fat (0.1 g sat.); 1.1 g carbo (0.2 g fiber); 35 mg sodium; 0 mg chol.

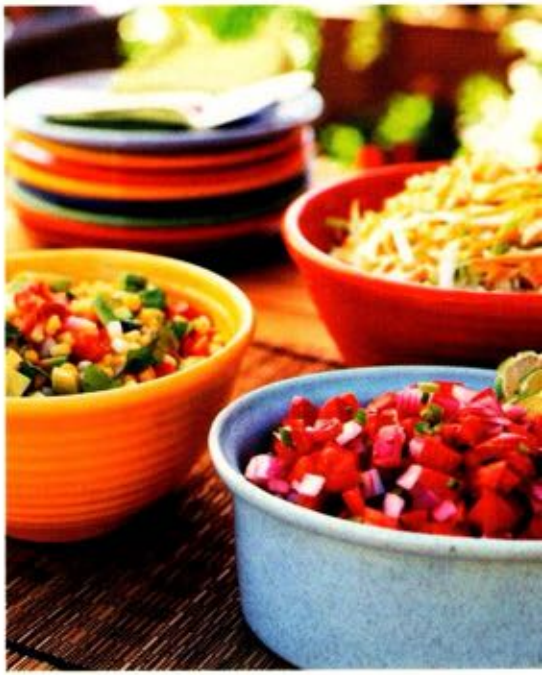
Salsa Fresca

In a large bowl, mix together 4 firm-ripe **tomatoes** (1½ lb. total), rinsed, cored, seeded, and chopped; ½ cup diced **red onion;** and 2 to 3 tablespoons chopped **jalapeño chile** to taste. Add 1 tablespoon **lime juice** and 1 to 1½ teaspoons **salt** to taste. Makes 3½ cups.

Per tablespoon: 3.1 Cal., 0% (0 Cal.) from fat; 0.1 g protein; 0 g fat; 0.7 g carbo (0.2 g fiber); 53 mg sodium; 0 mg chol.

Easy Garden Slaw

In a large bowl, whisk together 5 tablespoons **malt vinegar,** 1 tablespoon **whipping cream,** 1 teaspoon **salt,** ½ teaspoon **celery salt,** and ½ teaspoon **pepper.** Add 8 cups **shredded green cabbage** and 2 **carrots** (3 oz.), peeled and grated; mix well. Makes 8 servings. Serve slaw alongside fish or add to tacos.

Per serving: 29 Cal., 24% (7 Cal.) from fat; 1 g protein; 0.8 g fat (0.4 g sat.); 5.4 g carbo (2 g fiber); 348 mg sodium; 2.5 mg chol.

—MOLLY WATSON