

Fish Tacos with Corn and Black Bean Salsa

Recipe courtesy of Chef Martin Gilligan CEC, MCFE

Yield: 6 servings

Ingredients

- 4 Tilapia fillets, 4oz each
- 4 TB Lime Juice
- 3 TB Flour
- 3 TB Corn meal
- 1 tsp Chili powder
- 1 tsp Salt
- ¼ tsp Cayenne pepper
- Non-stick spray
- 8 Corn tortillas
- 3 C Napa cabbage, shredded
- ½ recipe Corn and Black Bean Salsa (see recipe below)

Directions

1. Put one oven rack on the top level of the oven and another on the bottom level. Preheat the oven to 500°F.
2. Marinate the fish fillets in the lime juice for 10 minutes.
3. Mix together the flour, corn meal, chili powder, salt and cayenne pepper in a shallow dish. Coat the marinated fish on both sides with the flour mixture.
4. Place a baking sheet on each oven rack and preheat for 5 minutes.
5. Remove the baking sheet from the top level of the oven. Spray it with non-stick spray, place the fillets on the hot pan and put the fillets on the top level of the oven for 5 minutes. Then carefully turn the fish over and return to the oven for another 3-4 minutes.
6. Meanwhile, spray both sides of the tortillas with non-stick spray. Oven-toast the tortillas on the second heated baking sheet until lightly crisp around the edges, 2-3 minutes.
7. Serve the fish and tortillas with shredded cabbage and corn and black bean salsa.

Corn and Black Bean Salsa

Yield: 2 cups

Ingredients

1 (15 ounce) cans black beans, drained and rinsed
8 ounces frozen corn (defrosted)
2 (10 ounce) cans diced tomatoes with green chile peppers, partially drained
2 tomatoes, diced
2 bunches green onions, chopped
Cilantro leaves, for garnish

Directions

In a large bowl, mix together black beans, Mexican-style corn, diced tomatoes with green chile peppers, tomatoes and green onion stalks. Garnish with desired amount of cilantro leaves. Chill in the refrigerator at least 8 hours, or overnight, before serving.