

## Alaska Salmon Tacos with Mango Salsa and Avocado Cream



**Preparation Time:** 20 minutes

**Cook Time:** 20 minutes

**Servings:** 4 to 8

### Ingredients:

1 ripe mango, peeled, seeded and diced  
1 red bell pepper, cored, seeded and diced  
1 green bell pepper, cored, seeded and diced  
1/2 cup finely diced red onion  
1 small jalapeño pepper, finely diced (optional)  
1/2 cup chopped cilantro leaves  
Salt and pepper, if desired, to taste  
2 ripe avocados  
Juice of a lime  
1/2 cup regular or low-fat sour cream  
1/2 teaspoon garlic powder  
8 (taco-size) flour or corn tortillas  
4 Alaska Salmon fillets (4 to 6 oz. each), fresh, thawed or frozen  
1 Tablespoon olive oil  
1 teaspoon chili powder  
1/2 lime, cut into 4 wedges  
2 cups shredded cabbage

### Description:

In a bowl, stir together the mango, peppers, red onion, jalapeño and cilantro leaves. Season with salt and pepper, to taste. Cover and refrigerate until serving.

In a separate non-reactive or glass bowl, mash the avocados. Mix in lime juice, then sour cream and garlic powder. Season with salt and pepper, to taste. Cover and refrigerate until serving.

Preheat a grill to medium heat (400°F). Grill tortillas, about 10 to 15 seconds per side. Cover and keep warm.

Brush salmon fillets with olive oil-chili powder blend. Place on grill and cook about 4 minutes per side, just until fish is opaque throughout. Remove to a warm plate. Squeeze a lime wedge onto each fillet. To serve, add one-half of salmon fillet to each tortilla. Spoon on about 1/4 cup each mango salsa and cabbage, then top with 2 to 3 tablespoons avocado cream.

*Variation: Salmon can also be roasted in an oven preheated to 400°F or pan-seared and finished in the oven. Cook just until fish is opaque throughout.*

Recipe by Ryan and Sara Hall

*Recommended side dish: Curried Quinoa with Apricots and Celery*