

Salmon Tacos with Citrus Cucumber Slaw

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Servings: 8

1 medium cucumber, peeled, seeded and cut into matchstick-sized pieces
2 1/2 cups green cabbage leaf, shredded
1/4 cup red onion, thinly sliced
1 medium plum tomato, seeded and chopped
1 large jalapeno pepper, seeded and minced
1/2 cup orange juice
2 tablespoons lime juice
2 pounds fresh or frozen skinless salmon fillet, cut 1-inch thick
1/4 teaspoon salt
1/8 teaspoon fresh ground black pepper
1 full recipe Honey Marinade
16 6-inch corn tortillas, warmed

In a large bowl, combine the cucumber, cabbage, onion, tomato, jalapeno, orange juice and lime juice.

Season to taste with salt.

Cover and refrigerate for 2 to 8 hours.

Thaw the fish, if frozen, and pat dry with paper towels.

Season the fish with salt and pepper. Place the fish in a resealable plastic bag set in a shallow dish. Pour the Honey Marinade over the fish. Seal the bag and turn to coat the fish. Marinate in the refrigerator for up to 2 hours, turning occasionally.

FOR A CHARCOAL GRILL: Grill fish on the greased rack of an uncovered grill directly over medium coals for 8 to 12 minutes or until fish begins to flake when tested with a fork, turning once halfway through grilling.

FOR A GAS GRILL: Preheat the grill to medium. Place fish on a greased grill rack over heat. Cover and grill for 8 to 12 minutes or until fish begins to flake when tested with a fork, turning once halfway through grilling.

Remove the fish from the grill and break into pieces.

Arrange the salmon, slaw mixture and warm tortillas on a serving platter.

To serve, place some of the slaw on a tortilla and top with some of the salmon.

Yield: 16 tacos

Per Serving (excluding unknown items): 135 Calories; 1g Fat (9.1% calories from fat); 4g Protein; 29g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 154mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Fat.