

Northwell Healthy Choice Teaching Kitchen

Huntington Hospital

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## Grilled Fish Tacos with Chili Lime Cole Slaw and Sriracha Cream



This recipe is loaded with fresh ingredients and perfectly seasoned fish with a taste of summer. These fish tacos are fresh and flavorful with crunchy cabbage, pico de gallo and the best sriracha cream. It takes less than 30 minutes to make, so it's perfect for any day of the week!

### Nutrition Facts

152 Calories, 6g Total Fat (1g Saturated Fat), 97mg Sodium, 10g Protein  
17g Carbohydrate (3g Fiber, 3g Total Sugars),

### Micronutrients

*Cabbage:* Potassium, Folate, Vitamin K, Calcium, Iron, vitamin A, and C

*Cilantro:* Manganese, Vitamin B6, & C

### Ingredients

#### For Cole Slaw

- 1 cup Cabbage, finely shredded
- 2 tablespoon Cilantro, fresh chopped
- ¼ cup Red Onion, sliced thin
- 2 tablespoon Jalapeno, diced very fine
- 2 tablespoon Lime juice
- 2 tablespoon Olive oil

#### For Sriracha Cream

- ¼ cup Greek yogurt
- 1 tablespoon Sriracha sauce
- ½ teaspoon Cumin, ground
- ½ teaspoon Honey
- ½ teaspoon lime juice

#### For Pico de Gallo

- 3 each Tomato, ½" dice
- ½ each White onion, ¼" dice
- 3 each Scallions, sliced thin
- 2 each Jalapeno, ¼" dice
- 2 each Limes, juiced
- ¼ cup Cilantro, chopped fine

#### For Taco

- 1 pound Mahi, filet
- 1 tablespoon Chili Powder
- 2 tablespoon Olive oil
- 12 each Corn Tortillas, 5"

### Instructions (yield 12 tacos)

1. Combine ingredients for Slaw in medium size mixing bowl, mix well, adjust seasoning, set aside.



*Tomato:* Vitamin C, Biotin, Antioxidant *Phytonutrients,* & *Carotenoids*

*Honey:* B vitamins, Calcium, Copper, Iron, Zinc

*Mahi Mahi:* Selenium, Vitamins B12, B3 and B6;  
Potassium, Phosphorus, Magnesium.

2. Combine ingredients for Sriracha Crème in mixing bowl, whisk until smooth, set aside
3. Combine ingredients for Pico in stainless steel bowl, mix well, adjust seasoning and set aside
4. Rub mahi filet with chili powder and olive oil, let marinate for 15 minutes
5. Cook mahi filet on char grill until done
6. By hand, break cooked filet into bite size pieces
7. Warm tortilla on grill until softened and lightly marked with grill marks
8. Assemble taco and enjoy!

