

BEER-BATTERED FISH TACOS WITH TOMATO & AVOCADO SALSA

Ingredients

Tomato & Avocado Salsa

- 1 large tomato, diced
- ¼ cup diced red onion
- ½ jalapeno, minced
- 2-3 tablespoons lime juice
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly ground pepper
- ½ avocado, diced
- ¼ cup chopped fresh cilantro
- Pinch of cayenne, if desired

Fish Tacos

- 3 tablespoons all-purpose flour
- ⅛ teaspoon ground cumin
- ⅛ teaspoon salt
- ⅛ teaspoon cayenne pepper, or to taste
- ⅓ cup beer
- 8 ounces tilapia fillet, cut crosswise into 1-inch wide strips
- 2 teaspoons canola oil
- 4 corn tortillas, warmed (see Tip)

Directions

- Step 1
To prepare salsa: Combine tomato, onion, jalapeno, lime juice to taste, kosher salt and pepper in a medium bowl. Stir in avocado and cilantro. Add cayenne (if using).
- Step 2
To prepare tacos: Combine flour, cumin, salt and cayenne in a medium bowl. Whisk in beer to create a batter.
- Step 3
Coat tilapia pieces in the batter. Heat oil in a large nonstick skillet over medium-high heat. Letting excess batter drip back into the bowl, add the fish to the pan; cook until crispy and golden, 2 to 4 minutes per side. Serve the fish with tortillas and the salsa.

Tips

Tip: To warm tortillas, wrap in barely damp paper towels and microwave on High for 30 to 45 seconds or wrap in foil and bake at 300 degrees F until steaming, 5 to 10 minutes.

To make ahead: Cover and refrigerate salsa (Step 1) for up to 3 days.

Nutrition Facts

Serving Size: 2 Tacos & About ¾ Cup Salsa

Per Serving:

401 calories; protein 28.5g; carbohydrates 39g; dietary fiber 8.3g; sugars 4.4g; fat 15.7g; saturated fat 2.3g; cholesterol 56.7mg; vitamin a iu 1042.3IU; vitamin c 28.3mg; folate 113.4mcg; calcium 77.2mg; iron 2.2mg; magnesium 97.3mg; potassium 974.3mg; sodium 406.5mg; thiamin 0.2mg.

Exchanges: 1 Fruit, 1/2 Other Carbohydrate, 3 Lean Meat, 2 Fat

