



Blackened Salmon Tacos

Prep: 10 minutes

Cook: 8 minutes • Serves 4

- 1 pound skinless salmon fillets, cut lengthwise in half then crosswise in half
- 2 tablespoons blackened seasoning
- 1 tablespoon olive oil
- 8 (6-inch) extra thin yellow corn tortillas
- 1 large avocado, pitted and chopped
- ½ cup drained and rinsed canned black beans
- ½ cup frozen corn, thawed
- ½ cup shredded red cabbage
- ¼ cup chopped green onion
- ½ cup plain nonfat Greek yogurt

1. Sprinkle salmon with seasoning. In large skillet, heat oil over medium-high heat; add salmon and cook 8 minutes or until internal temperature reaches 145° and outside is “blackened,” turning once.

2. Heat tortillas between 2 damp paper towels in microwave oven 30 seconds. Fill tortillas with salmon, avocado, beans, corn, cabbage and onion; drizzle with yogurt.

Approximate nutritional values per serving:

450 Calories, 21g Fat (3g Saturated), 73mg Cholesterol, 482mg Sodium, 33g Carbohydrates, 8g Fiber, 5g Sugars, 0g Added Sugars, 35g Protein

Chef Tip

Serve with a mango, radish, cilantro and toasted pepita salad with a citrus dressing.

Dietitian's Dish

> The fiber in black beans, omega-3 fatty acids in salmon, and monounsaturated fats in avocado are heart-healthy nutrients.