



HEALTHY FOODS, HEALTHY RECIPES

ALASKAN HALIBUT TACOS

Alaskan Halibut fish is one of the finest sources of essential fatty acids, protein, minerals and fat-soluble vitamins like vitamin A, E and D. It contains a variety of nutrients that are good for your heart, such as omega-3 fatty acids, niacin, selenium and magnesium.

Ingredients

- 1 lime, juiced
- 1 cup sour cream
- 1 bunch cilantro, chopped
- 2 cups jarred Alaskan halibut
- 2 tablespoons taco seasoning
- Water
- 3 cups cabbage, chopped
- 1 cup green onion, chopped
- 2 avocados, sliced
- 12 taco shells

Preparation

Night before:

- 1 Mix lime juice, sour cream and cilantro in medium bowl. Cover with plastic wrap and let sit in refrigerator over night.

Day of:

- 2 Warm halibut in pan.
- 3 Add water to moisten halibut then mix in taco seasoning.
- 4 Fill taco shells with halibut and top with vegetables and sour cream mixture.