



photo by Steve Legato

## Baja Fish Tacos

Fresh fish tacos with a twist are a healthy treat. Tip: Assemble the raw slaw ingredients before grilling the cabbage, which cooks simultaneously with the fish.

Yields 4 servings

### Grilled Napa Cabbage Slaw Taco Topping

*1 large head Napa cabbage, cut in half lengthwise*

*Grapeseed oil, for brushing*

*1 cup assorted baby greens, such as spinach, oak leaf lettuce or Boston lettuce*

*8 green onions, chopped (white and green parts)*

*¼ cup tarragon vinegar*

*¼ cup sour cream*

*½ cup freshly squeezed lemon juice*

*½ tsp fine kosher or sea salt*

### Baja Fish

*1½ lbs mahi mahi, catfish, halibut or other mild, non-farmed, white fish (about ¾-inch thick)*

*¼ cup blackened seasoning or other barbecue spice mixture*

*8 whole-wheat flour tortillas, for serving*

*8 lemon wedges, for serving*

*1½ cups of a favorite salsa, for serving*

Prepare a hot fire in the grill.

Brush the cut sides of the Napa cabbage halves with oil. Coat the fish fillets

with the blackened seasoning or other selected spice mix.

Grill the cabbage, cut-side down, directly over the fire for 2 to 3 minutes or until the cabbage shows good grill marks, then remove from heat.

Grill the “flesh”, or cut side, of fish fillets first (not the skin side, which is darker because it is more delicate) directly over the fire for 3 to 4 minutes.

Turn the fish only once, and finish cooking with the skin side against the grate another 3 to 4 minutes, for 10 total minutes per inch of thickness (most fish fillets are about ¾-inch thick).

Note: The skin side is last because it has more connective tissue and holds together better on the grill.

Finish assembling the slaw. Thinly slice the grilled cabbage and place in a large bowl. Stir in the greens and green onions. Having earlier combined and mixed the vinegar, sour cream, lemon juice and salt for the slaw dressing in a small bowl, now pour it over the greens mixture. Toss to blend.

Assemble the tacos by placing some of the grilled fish on each tortilla. Top each with about one-third cup of the slaw and roll up, soft taco-style. Serve with a lemon wedge and a small ramekin of salsa.