

Spicy Salmon and Spinach Tacos

- This recipe is a healthy, quick and simple version of Tex-Mex fish tacos.
- Try with different toppings like black beans, cilantro or shredded carrots.
- Great way to get a tasty serving of omega 3's fatty acids which are great for brain and heart health.
- Pair salmon sauté with a salad or other canned or frozen greens to increase your vegetable intake.

Nutrition Facts	
servings per container	
Serving size	(147g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 180mg	8%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 6mcg	30%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 139mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Spicy Salmon Tacos

Servings: 3, 2 tacos = 1 serving

Prep Time: 20

Ingredients:

- 1 1/2 teaspoons + 1 1/2 teaspoons olive oil
- 1 green bell pepper, chopped
- 1/2 onion, chopped
- 1 teaspoon + 1 teaspoon garlic powder
- 1 can of pink salmon, drained
- 2 teaspoon cayenne powder
- 2 teaspoon black pepper
- 6 cups of spinach, rinsed and dried
- 6 crunchy corn tortillas

Directions:

1. Add 1 1/2 tsp of olive oil to a pan over medium heat. When hot, add 1 tsp of garlic powder, bell peppers and onions and sauté for 3 minutes or until fragrant (to keep crunchy texture, cook longer for softer texture). Move to a bowl.
2. Add same pan back to heat and mix salmon, cayenne powder, black pepper and 1 teaspoon garlic powder in a large bowl.
3. Add salmon mixture to a medium heat pan and sauté for 8 minutes.
4. Move salmon mixture to the onion and pepper bowl. Add 1 1/2 tsp olive oil to pan. When hot add spinach and sauté until wilted or heated through, about 3 minutes.
5. Add 1/4 cup of spinach and salmon mix to crunchy taco shell.
6. Add toppings like fresh lime juice, cilantro, low-fat Greek Yogurt, black beans, corn, shredded carrots or cheese.

Recipe Credit:

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