

# Fish Healthy Salad

## Healthy Fish Taco Salad

**Introduction:** Inspired by a memorable vacation meal, our Healthy Fish Taco Salad is a delicious and nutritious twist on traditional fish tacos. Featuring tender fish fillets seasoned with zesty spices, served atop a bed of crisp lettuce and vibrant vegetables, this dish is bursting with flavor and perfect for a light lunch or dinner. Plus, it's versatile and customizable to suit your taste preferences.

### Ingredients:

- 2 tablespoons olive oil or butter
- 1 pound white fish fillets (such as cod or halibut)
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3 cloves garlic, minced
- 2 limes
- 1 orange
- 1 tablespoon honey or maple syrup
- 4-6 handfuls of lettuce or mixed salad greens
- 1 cup homemade coleslaw or shredded beets
- 1/2 onion, finely sliced
- 2 tablespoons cilantro, finely chopped
- 2 plum tomatoes, diced
- Sliced avocado or guacamole (optional)
- Salsa (optional)
- Sour cream or Greek yogurt (optional)
- Hot sauce (optional)

### Instructions:

### **1. Cook the Fish:**

- In a large skillet, heat the olive oil or butter over medium heat.
- Season both sides of the fish fillets with cumin, paprika, salt, pepper, and minced garlic.
- Add the seasoned fish to the skillet and cook until it is flaky and cooked through, about 4-5 minutes per side.

### **2. Prepare the Dressing:**

- While the fish is cooking, zest one lime and the orange over the cooked fish.
- Squeeze the juice of one lime and half of the orange over the fish.
- Drizzle the honey or maple syrup over the fish and let it rest while you prepare the salad.

### **3. Assemble the Salad:**

- Arrange a bed of lettuce or mixed salad greens on serving plates.
- Top the greens with homemade coleslaw or shredded beets, sliced onion, chopped cilantro, diced tomatoes, and sliced avocado or guacamole (if using).
- Place the cooked fish fillets on top of the salad.

### **4. Finish and Serve:**

- Squeeze the juice of the remaining lime and orange over the salads.
- Optionally, top each salad with salsa, sour cream or Greek yogurt, and hot sauce according to taste preferences.
- Serve immediately and enjoy this flavorful and healthy Fish Taco Salad!

**Notes:**

- This recipe is highly customizable. Feel free to add or substitute your favorite vegetables, such as bell peppers, cucumbers, or radishes.
- For a low-carb option, skip the honey or maple syrup and use a sugar-free sweetener, or omit it altogether.