

# Fish and Corn Salsa Tacos

**NUMBER OF SERVINGS: 8**

## Ingredients

- Cooked Ontario Sweet Corn Kernels 1 ½ cups (375 mL)
- Ontario Garlic, minced 2 cloves
- Ontario Tomato, chopped 1
- Fresh lime juice 2 Tbsp (30 mL)
- Ground cumin ¾ tsp (3.75 mL)
- Salt ¼ tsp (1.25 mL)
- Ontario rainbow trout fillet(s) 1 lb (450 g)
- Vegetable oil 1 tsp (5 mL)
- Chili powder 1 tsp (5 mL)
- Small whole wheat or corn tortillas, warmed 8
- Ontario lettuce, shredded 2 cups (500 mL)
- Ontario Monterey Jack or cheddar cheese, shredded ⅔ cup (150 mL)

## Directions

1. In medium bowl, combine corn, 1 clove of the garlic, tomato, 1 Tbsp (15 mL) of the lime juice, ¼ tsp (1.25 mL) of the cumin and salt; set aside.
2. Place fillet(s), skin side down, on foil that has been poked with fork in several places.
3. In small bowl, combine oil, chili powder, and remaining garlic, lime juice and cumin; brush over fillet(s).
4. Place foil on grill over medium-high heat; close cover and grill for 5 minutes or until fish is opaque and flakes easily when tested with fork.
5. Remove fillet(s) by sliding large spatula between skin and flesh, and carefully lift trout, leaving skin on foil. Divide into 8 portions.
6. Top tortillas with lettuce and trout; sprinkle with cheese and spoon corn salsa on top.

## NUTRITION PER SERVING

Calories 275 | Protein 19g | Fat 11g | Carbohydrates 24g | Fibre 3g | Sodium 357mg



Ontario produces the largest amount of rainbow trout in Canada.



Fatty fish, including trout, contain the most omega-3 fatty acids. Research suggests that omega-3 fatty acids may help with the management of rheumatoid arthritis.



No access to a grill? Wrap fillets in foil and bake in the oven at 375 F for 15-20 minutes. Eat leftover corn salsa with a pita or tortilla for dipping.

# Mains



Recipe  
and Photo  
Courtesy of:



**Foodland**  
ONTARIO

Recipe adapted by authors  
for use in Recipe Resource for  
Healthy Aging.