

Tilapia Tacos with Peach Relish

Salsa:

2 cups finely chopped peeled peach (about 2 medium)

1/2 cup finely chopped red onion

2 tablespoons chopped cilantro

1 tablespoon fresh lime juice

1/2 teaspoon kosher salt

1/8 teaspoon ground red pepper

1 jalapeño pepper, seeded and finely chopped

1 garlic clove, minced

Remaining ingredients:

1/2 cup panko (Japanese breadcrumbs)

1/2 teaspoon kosher salt

1/4 teaspoon ground red pepper

1 pound tilapia, cut into 2-inch strips

Cooking spray

8 (6-inch) corn tortillas

To prepare salsa, combine first 8 ingredients in a medium bowl. Let stand 30 minutes at room temperature. Preheat oven to 375°. Combine panko, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl. Add fish to bowl, tossing to coat. Place fish in a single layer on a baking sheet coated with cooking spray. Bake at 375° for 10 minutes or until desired degree of doneness, turning once. Heat tortillas in a papertowel and microwave. Divide fish and salsa evenly among tortillas.

Yield: 4 servings (serving size: 2 tacos and about 1/2 cup salsa) Per serving: 250 calories, 4.1 grams fat, 3.5 grams fiber

