

Margarita Fish Tacos with Chipotle-Lime Mayo and Arugula

This versatile dish would be good with chicken or shrimp. To turn it into a salad, omit the tortillas and add chopped jicama and avocado.

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- **Yield:** 4 servings (serving size: 2 tacos)

Ingredients

- 1 1/2 tablespoons grated orange rind
- 1 tablespoon grated lime rind
- 2 tablespoons tequila
- 2 teaspoons sugar
- 2 teaspoons warm water
- 1 pound halibut fillets
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

- 1 teaspoon olive oil
- 1/4 cup reduced-fat mayonnaise
- 1 tablespoon finely chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 1/2 teaspoons finely chopped chipotle chile, canned in adobo sauce (about 1 chile)
- 8 (6-inch) corn tortillas
- 2 cups trimmed arugula

Preparation

Combine first 5 ingredients in a large zip-top plastic bag. Add halibut to bag; seal and marinate in refrigerator 30 minutes, turning occasionally. Remove halibut from bag; discard marinade. Pat halibut dry; sprinkle with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add halibut; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Break fish into chunks.

Combine mayonnaise, cilantro, juice, and chipotle.

Warm tortillas according to package directions. Divide fish evenly among tortillas; top each tortilla with 1/4 cup arugula and about 2 teaspoons mayonnaise mixture. Fold in half.

Nutritional Information

Amount per serving

- Calories: 272
- Calories from fat: 23%

- Fat: 6.9g
- Saturated fat: 1g
- Monounsaturated fat: 2.1g
- Polyunsaturated fat: 2.5g
- Protein: 26g
- Carbohydrate: 24g
- Fiber: 2.6g
- Cholesterol: 36mg
- Iron: 1.2mg
- Sodium: 367mg
- Calcium: 97mg

WW Points Plus: 7

Recipe courtesy of Wellness @ Work, www.uncwellnessatwork.org.