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The 3 'R's to good eating –
Restaurants,
Reviews & Recipes

4-page pullout



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RESTAURANT INFO

A Taste of Guam

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WHATSAPP:



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RESTAURANT INFO

Annie's Chamorro Kitchen www.annieschamorrokitchen.com

By Army Lt. Col. (Ret.) Annette Merfalen

Fish Tacos with Mango Salsa and Tangy Coleslaw

This is not your typical fish taco. It's even better if you ask me, but then I might be a bit biased.

When I think of fish tacos, I picture battered fried fish, cabbage slaw, and a spicy mayo, all wrapped in a corn tortilla.

I'm trying to eat healthier meals, so I created this version where I bake instead of fry the fish. I also created a tangy coleslaw that uses no mayo, but some surprise HEALTHIER-FOR-YOU ingredients that kick up the flavor as well as the nutrition. You won't see spicy mayo drizzled over my version either. Instead, I made a mango salsa that pairs so well with the fish and coleslaw. To make this even better for you, I opted for lettuce leaves as my taco wrap. Man-oh-man, are these tacos delicious!

Give my recipes a try. I think you'll like them. Drop me a line to let me know what you think.

Ingredients:

Coleslaw Ingredients:

- 1 bag (10-oz) angel hair coleslaw (or 8 cups finely shredded cabbage)
- 3 tablespoons fresh parsley

Coleslaw Dressing Ingredients:

- ½ cup olive oil
- ½ cup apple cider vinegar
- 2 tablespoons blackstrap molasses (you can use honey, but the molasses is healthier for you... read more about its amazing health benefits here.)
- 1 teaspoon sea salt
- 1 teaspoon celery seeds
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder
- 1 teaspoon Stevia sweetener (or you can add 2 more tablespoons of honey)

Mango Salsa Ingredients:

- 2 ripe mangoes
- ½ red onion, chopped
- 2 tablespoons chopped cilantro
- The juice of 1 lime
- 1 teaspoon sea salt
- Optional: 1 jalapeño, seeded and chopped

Fish Ingredients:

- 4 whole orange roughy filets (about 2 pounds)
- 2 teaspoons sea salt
- 1 teaspoon black pepper
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- Extra virgin olive oil, about 3 tablespoons

Other Ingredients:

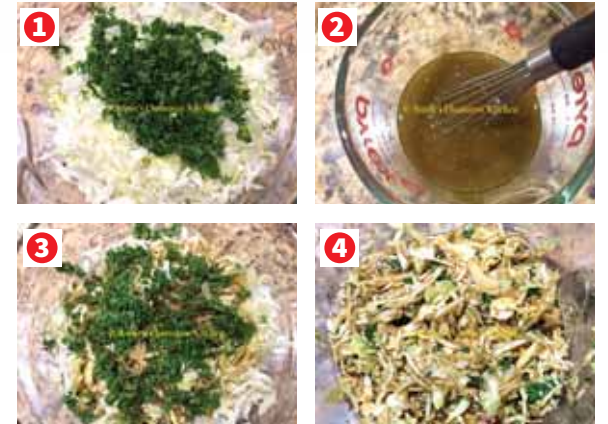
- Lettuce leaves (use Bib Lettuce, Red or Green Curly Leaf Lettuce)
- Avocado, sliced



Directions:

1. Make the Coleslaw. Place the sliced cabbage in a medium-sized mixing bowl. Add the parsley. In a small mixing bowl, whisk together the ingredients for the dressing. Pour the dressing over the cabbage and parsley. Toss the ingredients together. Refrigerate the coleslaw until you're ready to assemble the tacos. This will give it time to let the flavors meld.

2. Make the Mango Salsa. Cut the skin off the mango. Dice the mango into 1/4-inch cubes. Place into a small mixing bowl. Add the red onions and the optional jalapeño to the bowl. Add the cilantro. Stir to combine the ingredients. Set aside until you're ready to assemble the tacos.



3. Bake the Fish. Cut the fish filets into halves (if they're small) or thirds (if they're large). Place into a rimmed baking dish (I used a 9x13 pan). Sprinkle both sides of the fish with the sea salt, black pepper, garlic powder and paprika. Drizzle the olive oil all over the fish (top side only). Bake the fish at 400 degrees for 15 minutes.



4. Assemble the tacos. Slice the avocados. Rinse and dry the lettuce leaves. Set aside.

Place a lettuce leaf on a plate. Add some Tangy Coleslaw on top of the lettuce leaf. Place a piece of baked fish on top of the coleslaw. Add a scoop of mango salsa on top of the fish. Top with avocado slices, serve and ENJOY!

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RESTAURANT INFO