

Salmon Tacos

Ingredients:

4 frozen salmon filets, thawed
2 teaspoons paprika
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon oregano
1/3 teaspoon salt
1/3 teaspoon black pepper
1 tablespoon vegetable oil
8 corn tortillas, street taco size

Instructions:

1. In a small bowl, combine paprika, onion powder, garlic powder, oregano, salt, and black pepper to create seasoning.
2. Sprinkle seasoning over the salmon filets. Pat gently to press seasoning into all sides of the salmon.
3. Heat oil in a large skillet over medium heat. Once the oil is hot, add the salmon filets, flesh-side down. Cook for 3-4 minutes without disturbing, until the seasonings start to blacken and form a crust.
4. Carefully turn the salmon over. Cook skin-side down for 5-6 minutes, until the salmon is cooked through. You should be able to flake it easily with a fork.
5. Use a fork to flake the salmon into large chunks. Divide the salmon between tortillas.
6. Top with mango salsa, avocado, shredded cabbage, jalapenos and lime juice, if desired.

Serves: 4 (2 tacos each)

Prep Time: 5 minutes

Cook Time: 10 minutes

Source: LSUAg Center

Nutrition Facts	
4 servings per container	
Serving size	2 tacos (60g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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