



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### Dinner: Salmon Tacos

Serves 4

#### Ingredients

4 6 oz salmon fillets  
1½ teaspoons salt  
½ teaspoon pepper  
8 small flour tortillas  
¼ cup chopped fresh cilantro  
1 container fresh pico de gallo

#### Garnishes:

Chopped avocado  
Sour Cream

#### Directions

1. Pre-heat oven to 400 degrees.
2. Pat salmon fillets dry. Sprinkle with salt and pepper on the non-skin side.
3. Cover a roasting pan with foil and put the salmon on it, skin side down.
4. Bake for 10 - 12 minutes.
5. While salmon cooks, wrap tortillas in aluminum foil and bake in the same oven for 5 minutes just to warm through.
6. Flake the fish into chunks.
7. Place 2 warm tortillas on each plate. Add the flaked fish, a tablespoon of pico de gallo, a teaspoon of chopped cilantro and whatever garnishes you want. Wrap the tortillas around the fish.

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