

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Crispy Fish, Creamy Sauce and Crunchy Fresh Slaw

A Hit with Family and Friends:

Terrific Tilapia Tacos

1-2 LBs Tilapia Filets, cut in Strips
 ¼ Cup Panko Bread Crumbs
 2 TB Cornmeal
 ½ Tsp Smoked Paprika
 4 Cups Shredded Napa Cabbage
 ½ Cup Shredded Carrots
 ¼ Cup Thinly Sliced Green Onions
 2 TB Chopped Cilantro
 Juice and Zest of 2 Limes
 2 TB Extra Virgin Olive Oil
 Kosher Salt and Pepper to Taste
 6-12 Corn Tortillas, Warm
 1 Recipe Tilapia Taco Sauce
 Lime and Avocado for Garnish

Step One Preheat the oven to 350F. Bread the Tilapia by placing the panko, cornmeal and paprika in a

plastic zippy bag. Add the tilapia slices a few at a time and shake to coat well. Place the slices on a sheet tray and cook for 5 - 8 minutes or until the fish is flaky and white.

Step Two While the fish is cooking, add the cabbage, carrots, onions, cilantro, juice, zest and oil to a bowl. Toss, taste for salt and pepper.

Step Three Place the slaw and a few slices of tilapia in each taco. Top with a healthy dollop of sauce.

Tilapia Taco Sauce

½ Cup Light Mayonnaise
 1 TB Lime Juice
 2 TB Chopped Pickled Jalapenos
 1 TB Chopped Cilantro
 Kosher Salt and Pepper to Taste
 Place the ingredients in a bowl and stir to combine.

2 Kitchen Smidgen

It's probably no surprise to you that Tilapia is one of the top ten fish types consumed in the U.S. Tilapia are native to Africa, but now most are farmed in Latin America, Asia and the U.S. The statement: "it doesn't taste fishy" makes Tilapia the perfect candidate for almost any recipe calling for mild, white and flaky fish.

3 Get Creative

Did you know the word tortilla can mean anything from a round layered omelet to a fried cornmeal disc – about the size of a hockey puck? Mexico is the origin of the tortillas that we all love. Try thinking beyond the same 'ole south-of-the-border taco by filling one with scrambled eggs and cheese, using it as a scoop for salad or even stuffing it with tangy BBQ for a taste adventure!

4 WINE of the Week

Burgans Albarino
 Rias Baixas, Spain

Kroger, Total Wine - around \$15.00

You couldn't pick a better wine for fish tacos than a refreshing Spanish Albarino. The grape and the wine are the same. Its aroma will remind you of limes, and it tastes crisp and light, with a lots of citrus and good acidity combined with just a taste of honey.