

SALMON TACOS WITH ROASTED CORN SALSA

Salmon Tacos with Roasted Corn Salsa

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving = 2 tacos)

Nutrition (per serving)

Calories: 284

Total Carbohydrate: 37

Total Fat: 5 g

Dietary Fiber: 7 g

Saturated Fat: 1 g

Total Sugars: 6 g

Sodium: 107 mg

Protein: 23 g

Ingredients

- 12 ounces frozen, skinless salmon, thawed
- Cooking spray

Salt-Free Taco Seasoning

- ½ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon crushed red pepper flakes

Roasted Corn Salsa

- 1 cup frozen roasted sweet corn, thawed
- ½ cup diced tomato
- ½ cup diced cucumber

- 8 corn tortillas

- ½ teaspoon paprika
- 1 ½ teaspoons ground cumin
- ½ teaspoon black pepper

- ¼ cup diced red onion
- 2 Tablespoons finely chopped cilantro
- 1 Tablespoon lime juice



OSF
HEALTHCARE

- ¼ teaspoon salt

- ¼ teaspoon black pepper

Directions

1. Bake salmon as directed on package. Add baked salmon to medium bowl and shred with fork. Set aside.
2. In a small bowl, mix salt-free taco seasonings together.
3. Add 2 ½ teaspoons of seasoning mixture to shredded salmon. Mix until well combined. Set aside.
4. Combine all roasted corn salsa ingredients in a medium bowl. Set aside.
5. Warm corn tortillas as directed on package, if desired. In one tortilla, place 1 ½ ounces of shredded seasoned salmon and ¼ cup of salsa. Fold in half. Repeat with remaining tortillas.