



Spin Your Own Axis

Spicy Skinny Fish Tacos

I found my holy grail at home with this healthier version of Fish Tacos, a recipe that was born over Spring, 2017. After, creating this recipe I have made it three times and thought it would be a perfect recipe for a gathering or easy for a lunch/dinner menu at home.

So, if you're looking for that meal with a flavor combination to quench your cravings and save time in the kitchen then this is the recipe for you!



- **Prep Time:** 5 minutes
- **Cook Time:** 40 minutes
- **Total Time:** 45 minutes
- **Serving:** 2

Ingredients

- 4 oz Wild Salmon
- Brussel sprouts
- Red Cabbage
- Kale
- Asian Style Spicy Peanut Vinaigrette(Trader Joe's)
- Corn and wheat tortillas (Trader Joe's)
- Flax seeds
- Cranberries

Instructions

1. *Preheat the oven to 350°F.* Spray pan with coconut spraying oil or olive spraying oil. Meanwhile oven is heating up, season your Salmon and let it sit for a couple of minutes. (This is based on preference, if you would like to season an hour or two ahead; this would allow you're Salmon to absorb the marinade even more.)
2. Once the Salmon is marinated, *place fish in oven and let it cook 25 minutes covered in foil, then remove foil and let it cook until tender and fully cooked.* Then, that's all for your Salmon.
3. Second and easy part is: *shred Kale, Red cabbage and Brussel sprouts very finely creating a Cole slaw.*
4. Add finely shredded Cole slaw of Kale, Brussel sprouts and Red Cabbage into a glass bowl and mix with the Asian Style Spicy Peanut Vinaigrette creating a creamy and moist mixture.
5. Place in the refrigerator while you wait for the Salmon to cook.
6. Once Salmon is fully cooked, then your recipe is ready to be prepared. Get your plates out and *begin to build your tacos by placing your corn tortilla flat and begin adding the cole slaw first, then topping it off with the tender salmon and sprinkling a teaspoon of flax-seed and cranberry.(not pictured)*
7. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- **Serving Size:** 2
- **Carbohydrates:** 27g
- **Fat:** 10g
- **Protein:** 29g
- **Fiber:** 3g
- **Calories:** 314
- **Sodium:** 375mg
- **Sugar:** 8
- **Iron:** 4%