



Episode 201

## FISH TACOS WITH HOT CORN BEAN RELISH

2 servings

### HOT CORN BEAN RELISH INGREDIENTS

2 tbsp white beans (Fresh and soaked, if possible. Canned beans will work as well)  
2 tbsp red beans (Fresh and soaked, if possible. Canned beans will work as well)  
1 tsp minced garlic  
½ tsp cumin  
1 tbsp diced red bell pepper  
2 tbsp fresh corn, off cob  
1 dash black cracked pepper  
Zero fat cooking spray

### DIRECTIONS

Spray zero fat cooking spray in hot pan. Drain soaked beans and place them in the pan, along with the corn.  
Add all other ingredients and sauté until lightly brown.

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### FISH TACOS INGREDIENTS

2 whole grain tortillas  
Zero fat cooking spray  
4 oz Trout or other fresh Gulf Fish  
1 tbsp minced garlic  
1 tbsps green bell pepper

2 tbsp julienne red onion  
1/8 tsp fresh cracked pepper  
1 tbsp fat free shredded cheddar cheese  
1 tbsp fat free sour cream  
2 tbsp shredded lettuce

### DIRECTIONS

Use the same pan used for the relish. Remove relish from pan and spray the pan again with zero fat cooking spray. Sear fish in pan without turning for three minutes. Add garlic, bell pepper, onion and pepper and cook until lightly brown. Place tortilla in pan and heat until slightly crisp. Place fish and veggies into both tortillas, folding the tortillas in half. Place on plate with lettuce, cheese, sour cream and then place salsa on side with hot relish adjacent.

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## FISH TACOS WITH HOT CORN BEAN RELISH

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### SALSA RECIPE

#### INGREDIENTS

- |   |                                       |
|---|---------------------------------------|
| 1 small ripe fresh tomato, diced finely | 1 small jalapeno without seeds, diced |
| 1 tbsp diced white onion                | 2 tbsp fresh applesauce               |
| 1 tbsp diced cilantro                   | 1 tsp cracked black pepper            |
| 1 tsp diced garlic                      | 1 tsp squeeze of half a lemon         |
|   | 1 tsp juice of half a lime            |

#### DIRECTIONS

Mix all ingredients in small bowl, making sure all is mashed down with a spoon and fork.

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