



Grilled Fish "Taco" Bowls

I love fresh fish tacos...but I don't eat tortillas so why not leave out the tortillas for me and, if you would like to add 2, be sure to add 80 calories to the totals for each serving. I'll have mine in a bowl thanks! If I REALLY need to eat with my hands I'll just wrap the filling in a lettuce leaf. Just in case you had not thought about it this works for almost anything that comes wrapped in a tortilla, or between 2 pieces of bread.

Ingredients:

- 1 1/4 lbs Thawed Mahi-Mahi Filets
- 8 oz Shredded Red Cabbage
- 5 ounces Fresh Arugula
- 1/4 Fresh Jicama Root
- 1/2 cup Light Mayonnaise
- 3 tablespoons Hidden Valley Spicy Chipotle Spread
- 1/3 cup Lime Juice
- 2 tablespoons Olive Oil
- 2 teaspoons Honey
- 3/4 teaspoon Sea Salt

Directions:

1. Heat grill to medium high
2. In a small bowl whisk together mayo and 2 tablespoons of the chipotle spread
3. In a second bowl whisk together lime juice, oil, honey and 1/4 teaspoon of the sea salt
4. Toss cabbage with 3 tablespoons of the lime dressing and 1/8 teaspoon of the sea salt and set aside
5. Whisk 3 tablespoons of the mayo/chipotle spread mixture into the lime dressing
6. Pour 1/4 of the lime mixture into a zip loc bag with remaining 1 tablespoon of the chipotle spread and the fish
7. Brush grill with oil
8. Add the fish to the grill and cook approximately 4 minutes. Flip over and cook an additional 4 minutes or until fish is cooked through
9. Peel the jicama root and using the peeler shave into ribbons
10. Toss jicama with arugula, remaining lime mixture and 1/8 teaspoon of the sea salt
11. Break fish apart and sprinkle with the remaining 1/8 teaspoon sea salt
12. Serve on serve fish spread with the remaining mayo-chipotle mixture over cabbage with arugula-jicama salad on the side

Nutrition: Makes 10 servings of

- **320 calories**
- **25 grams protein each**

Pro-Tip: Substitute some Greek yogurt for the mayo without much change in taste and a decrease in calories and increase in protein.