

ALASKA COD SANTA FE STYLE WRAPS



prep time: 10 cook time: 10 servings: 4

INGREDIENTS

2 medium avocados OR 2 cups prepared guacamole
1 Tablespoon fresh lime juice
1 Tablespoon minced onion
1 Tablespoon chipotle chile puree*
2 Tablespoons low-fat mayonnaise
4 Alaska Cod fillets (4 to 6 oz. each)
1 Tablespoon olive, canola, peanut or grapeseed oil
1 teaspoon mesquite or Mexican seasoning
4 flour tortillas (10- to 12-inch), warmed
4 large iceberg or Romaine lettuce leaves, torn or shredded

DIRECTIONS

Mash avocados. Stir in lime juice, onion, chile puree, and mayonnaise; set aside.

Rinse any ice glaze from frozen Alaska Cod fillets under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of fillets with oil. Place fillets in heated skillet and cook, uncovered, about 3 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn fillets over and sprinkle with seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 2 to 5 minutes. Cook just until fish is opaque throughout. Cool slightly and break into large chunks.

To serve, layer about 1/2 cup each avocado spread (almost to edge), cod, and lettuce on one side of each tortilla. Roll up envelope-style and cut in half.

*Canned chipotle chiles in adobo sauce, pureed.

Nutrients per serving: 583 calories, 28g total fat, 4g saturated fat, 42% calories from fat, 55mg cholesterol, 34g protein, 51g carbohydrate, 9g fiber, 594mg sodium, 118mg calcium and .8g omega-3 fatty acids.

Variation: Substitute Alaska Pollock or Sole fillets for Alaska Cod. Adjust cook time for smaller fillets if necessary.



Wild, Natural & Sustainable®