

# Grilled Fish or Chicken Tacos

Makes Eight Tacos

## Ingredients

### *For the Fish or Chicken*

- 1 ½ pounds chicken tenders or fresh tilapia filets
- 1 teaspoon kosher salt
- ½ teaspoon cumin
- ¼ teaspoon ground chipotle powder
- ¼ teaspoon ground ancho chile powder
- 2 tablespoons canola oil
- 1 lime cut into wedges for serving

- 8 regular size flour tortillas (I use the uncooked flour tortillas and cook them fresh because they ROCK!)

### *For the Dressing*

- ½ cup sour cream
- ½ teaspoons chipotle paste
- 2 tablespoons fresh lime juice
- ¼ teaspoon salt

### *For the Slaw*

- ¼ cup scallions, thinly sliced
- 2 tablespoons finely chopped cilantro
- 2 Roma tomatoes, chopped small
- 1 (9-ounce) bag shredded cabbage mix
- OR 3 cups mixed shredded purple and green cabbage



## Steps

1. Place all dressing ingredients into a small bowl (if making in advance) otherwise put them in the serving bowl and whisk well ensuring there are no lumps. Taste for your heat preference and add more chipotle paste and salt if desired. If making dressing in advance, remove to a small jar and refrigerate.
2. About an hour before you want to serve this slaw, toss all the veggies and dressing together and again taste for seasoning. Refrigerate. This will allow the flavors to get more intense and the cabbage to reduce a bit. Top each taco with some of this amazing slaw.
3. For the protein, in a small bowl stir together the salt, cumin, chipotle power, and ancho chile powder. Brush or spray each chicken tender or filet of fish with canola oil and sprinkle the seasoning mix over both sides of all the pieces.
4. Heat a grill pan (or large saute pan) over high heat and cook chicken or fish on one side under browned. Flip over and continue cooking on the other side. With fish you can tell it's cooked when the flesh turns bright white. With chicken it's best to check the internal temperature which should read 165°F. Equally divide the chicken or fish between the eight tortillas and top each with some of the slaw.

