

Spicin' Up Your Lenten Menu

I've had numerous requests for a Lenten fish dish that's flavorful and not deep fried and oh by the way - simple and quick. Well, these recipes certainly fit the bill!

Fish Tacos are all the rage on the west coast and south of the border - they provide a meatless meal brimmin' with tons of flavor and spice and color - with the added bonus of being good for you as well! One quick trip to the Jungle to pick up the freshest fish and all the fixin's - fresh salsa, guacamole, Mexican cheese, flour tortillas, etc. all ready to go from the Mexican section of Jungle Jim's. Quick and Easy and extremely versatile - simply perfect for a Lenten meal! Enjoy!

Baja Fish Tacos

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| Four | 6 oz. Grouper, Tilapia, Orange Roughy, Halibut or other mild white fish fillets |
| 1 | Garlic clove, minced |
| ½ Tsp. | Ground Cumin |
| ½ Tsp. | Chili Powder |
| ½ Tsp. | Dried, crushed, Oregano |
| 1 Tab. | Lime juice, freshly squeezed |
| 2 Tab. | Olive Oil |

Combine above ingredients with the exception of the fish fillets. Rinse fish fillets and pat dry. Brush with spice mixture above. Grill fillets directly over medium heat 4-5 minutes per side or sauté in medium hot skillet 4-5 minutes per side until opaque in the middle. Take from grill or pan. Salt and pepper, if desired. Break up into serving pieces. **If you would like a spicier seasoning, add some cayenne pepper or spicy Creole seasoning to taste to the above spice mixture.

Making the Tacos:

As you would for any soft tacos, warm the flour tortilla until soft and pliable; then, fill the taco with shredded lettuce, chopped tomatoes, chopped onion or olives or peppers, and add pieces of cooked fish. Top with pico de gallo or your favorite salsa, guacamole, sour cream, or your favorite tartar sauce spiced up with some minced chipotle peppers in adobo sauce. Can also top with shredded Mexican cheese if you like.

Fish Tostadas:

You can also make fish tostadas by poking holes in flour tortillas, lightly brush with olive oil and bake in a preheated 375 degree oven until lightly browned and crisp, about 5 minutes. Evenly sprinkle with Mexican shredded cheese and continue baking until cheese melts. Then top with shredded lettuce, chopped tomatoes, peppers, corn kernels, etc. and top with cooked fish pieces, topped with salsa, pico de gallo, guacamole, or sour cream.

Pico de Gallo

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| 2 | Tomatoes, seeded and diced |
| 1 | Red Onion, finely chopped |
| 2 | Garlic cloves, minced |
| 1 | Serrano Pepper, seeded and minced |
| 1 Tab. | Lime Juice, freshly squeezed |
| 2 Tab. | Olive Oil (optional) |
| 2 Tab. | Fresh Cilantro, snipped |
| | Salt and Pepper to taste |

Make at least 30 minutes before serving to allow the flavors to blend. Store covered in the refrigerator.

Baja Fish with Black Bean Salsa

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| Four | 5-6 oz. Lean, firm white fish fillets (grouper, orange roughy, halibut, sea bass, tilapia, etc.) |
| 2 Tab. | Fresh Cilantro, snipped |
| 2 Tab. | Fresh Oregano, snipped |
| 1 clove | Garlic, minced |
| ½ Tsp. | Lime zest, minced |
| 2 Tab. | Lime juice, freshly squeezed |
| 1 Tab. | Olive Oil |
| ¼ - ½ Tsp. | Bottled hot pepper sauce |
| ¼ Tsp. | Ground Cumin (optional) |
| 15 oz. | Can of Black Beans, drained and rinsed |
| 1-2 | Ripe Avocado, seeded, peeled, and diced |
| 1 | Large Ripe, Red Tomato, seeded and chopped |
| 1-3 | Green Onions, sliced thinly |

Combine the cilantro through the ground cumin in a small bowl. Remove 2-3 tablespoons of lime mixture and place in a medium size bowl. Add the black beans, avocado, and tomato and toss lightly to coat. Cover and refrigerate.

Rinse fish and pat dry. Brush the remaining lime mixture over the fish. (This can be done up to 30 minutes prior to grilling or sautéing.)

Preheat grill, grill pan, or sauté pan. Spoon bean mixture on four dinner plates. Grill or sauté fish fillets directly over medium heat for 4 minutes. Turn. Brush with any leftover lime mixture. Grill another 4-6 minutes until fish is opaque, depending on the thickness of the fish (4-6 minutes per side for 1" thickness). Place fish fillet on top of black bean salsa. Sprinkle with sliced green onions and serve with a wedge of lime.

*Can also add corn kernels and chopped jalapeno or bell peppers to the black bean salsa if you prefer.

You get the idea --- fresh fish, lots of spice, fresh colorful veggies, and a little imagination and a twist of lime and you have a Lenten meal that's not only scrumptious, but nutritious as well!

Gone fishin' at the Jungle for Lent!
Jungle Jim's Margie Potts