

Grilled Salmon Tacos Avocado Cabbage Carrot Coleslaw

Ingredients

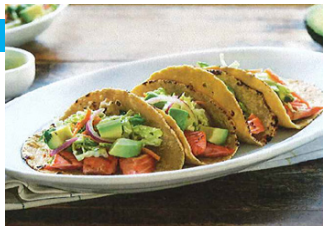
1 lb. fresh salmon fillet

½ tsp. ground cumin

¼ tsp. freshly ground pepper

1 cup pico do gallo, homemade or store bought

8 small corn tortillas



Makes 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

Preparation

Sprinkle salmon fillets with cumin and pepper. Wrap salmon in aluminum foil and grill over medium heat for 10-12 minutes, turning once, until cooked through. Wrap tortillas in aluminum foil and place on grill for 4 minutes, turning once until warm. Fill tortillas with salmon, pico de gallo and Easy Avocado Cabbage Carrot Cole Slaw (see recipe), divided evenly.

Nutritional information per serving

Calories 160, Carbohydrate 18 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 8 g

Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 50 g, Sodium 330 mg

Recipe: American Diabetes Association

Avocado Cabbage Carrot Coleslaw

Ingredients

- 2 ripe avocados, halved, pitted, diced and divided
- ¼ cup vinegar (can substitute with fresh lemon juice)
- 2 tablespoons water
- 1 tablespoon sugar
- ½ teaspoon ground cumin
- 4 cups sliced green cabbage
- 2 cups grated carrots
- ½ cup sliced red onion
- ¼ cup cilantro leaves
- Ground pepper to taste



Makes 6, 1 cup servings
Prep time: 10 minutes

Avocado Cabbage Carrot Coleslaw with Walnuts

Preparation

Place one avocado, vinegar, water, sugar, and cumin in a blender. With blender on puree setting, blend until smooth. In a large bowl, combine cabbage, carrots, onion, cilantro and one diced avocado. Pour dressing over cabbage mixture, toss gently and season to taste with ground pepper.

Nutritional information per serving

Calories 140

Carbohydrate 15 g

Dietary Fiber 7 g

Protein 2 g

Total Fat 9 g

Saturated Fat 1.5 g

Trans Fat 0 g

Cholesterol 0 g

Sodium 140 mg

Recipe: American Diabetes Association