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**NUTRITION SEGMENT JANUARY 21, 2008: BRING TROPICS TO THE DINNER TABLE**

Designate sometime this week as fish taco night! Get out colorful plates, put on tropical music and whip up the recipe below. Fish is a valuable food due to its content of helpful oil, called omega 3 fatty acids. Omega 3 fatty acids can help reduce risk of cardiovascular disease and internal inflammation that is related to chronic disease.

These days though, you have to be pretty picky about the fish you consume. Deciding what fish to feed yourself is a tricky situation because you need to consider three things:

- 1) **OIL AMOUNT:** The fattiest fish that live in cold waters are the most beneficial. Go to [www.americanheart.org](http://www.americanheart.org) for more information.
- 2) **OVERFISHED OR NOT:** Many species of fish are overfished or use unhealthy fishing practices that impact turtles, birds and other marine life. Go to [www.nrdc.org](http://www.nrdc.org), [www.seafoodwatch.org](http://www.seafoodwatch.org), [www.blueocena.org](http://www.blueocena.org) for more information.
- 3) **POLLUTION:** Mercury and PCBS are the most abundant in large, older fish. Go to [www.cfsan.fda.gov/seafood1.html](http://www.cfsan.fda.gov/seafood1.html) for more information.

Wild Alaskan sockeye salmon is the best fish choice possible but it makes lousy fish tacos. Fish that have a decent amount of oil, limited amounts of mercury and PCBS, are not overfished and make good fish tacos are:

- 1) Mahi Mahi
- 2) Pacific Halibut
- 3) Pacific Sole
- 4) Sablefish (Black Cod)
- 5) Alaskan Pollock
- 6) Tilapia (US farmed)

**TROPICAL FISH TACOS**

- 1 pound any of the above fish
- 4 corn tortillas, warmed and soft
- 2 cups shredded cabbage with shredded carrots
- 1/4 cup Lighthouse Ranch salsa dressing, more if necessary
- 1 avocado, sliced
- 1 tomato, chopped
- 1/4 cup salsa

Use spray olive oil in sauté pan, or grill to cook fish. Keep on medium heat and turn after five minutes. Fish takes 10 minutes for every 1" of thickness to cook. Add the Salsa Ranch dressing to the cabbage. Lay tortillas out, place fish pieces, scoop of cabbage, sliced avocado, tomatoes and 2 T salsa on each taco and serve. Use any extra cabbage as extra vegetable serving.

Contact St Luke's Health Solutions Dietitian Stacy Beeson at 381-2403.