

Ingredients

Guacamole

- 3 ripe avocados, pitted, peeled and mashed
- 2 tbsp fresh lime juice (about 1 lime)
- ½ medium onion, diced
- 1 jalapeño pepper, seeded and chopped
- 1 plum tomato, chopped
- 3 tbsp chopped fresh cilantro
- 1 garlic clove, minced
- ½ tsp green hot sauce
- 1 Granny Smith apple, peeled and diced

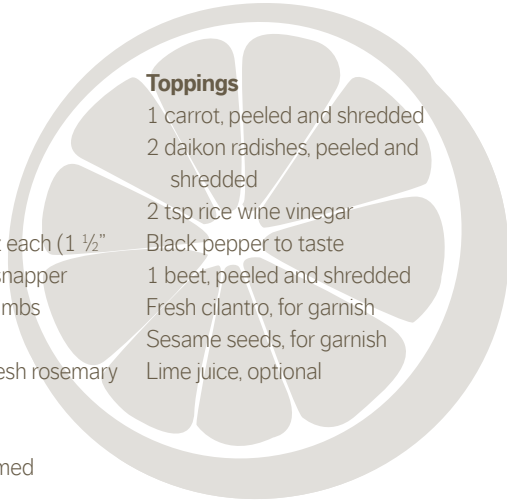
- Black pepper to taste
- ¼ tsp salt
- ½ tsp ground cumin

Tacos

- 2 cod fillets, about 6 oz each (1 ½" thick), or salmon or snapper
- ½ cup panko bread crumbs
- 2 garlic cloves, minced
- 1 tsp finely chopped fresh rosemary
- ¼ tsp salt
- Black pepper to taste
- 6 corn taco shells, warmed

Toppings

- 1 carrot, peeled and shredded
- 2 daikon radishes, peeled and shredded
- 2 tsp rice wine vinegar
- Black pepper to taste
- 1 beet, peeled and shredded
- Fresh cilantro, for garnish
- Sesame seeds, for garnish
- Lime juice, optional



Preparation

1. In a medium bowl, combine all guacamole ingredients. Cover with plastic wrap and refrigerate for at least 30 minutes. (Note: Only half the guacamole is needed for this recipe. Reserve half for another use.)
2. Preheat oven to 400°. Wash and pat the cod dry. Place a piece of foil into a baking pan and make a square, lifting the sides of the foil to create a ridge on all sides. Lightly coat the foil with nonstick cooking spray. In a bowl, combine remaining taco ingredients (except taco shells and toppings). Sprinkle panko mixture over top and sides of the cod. Lightly coat the fish with nonstick cooking spray. Bake for 8 minutes. Remove from oven and let rest for at least 5 minutes at room temperature.
3. In a small bowl, combine the carrot, radishes, 1 teaspoon of vinegar and black pepper to taste; set aside. In a separate bowl, combine the beet and remaining 1 teaspoon of vinegar.
4. Break up the cod into pieces and arrange inside warm taco shells. Top with carrot and radish slaw, beet slaw and guacamole. Garnish with cilantro and sesame seeds and drizzle with lime juice, if desired. Serve warm.