



Salmon Fish Tacos

Balance designed for acid watchers

Creamy Dressing:

½ cup raw unsalted cashews, soaked overnight

6 Tablespoons filtered water

1-1/2 teaspoons apple cider vinegar

1/2 teaspoon sea salt

1 teaspoon (each) lemon and lime zest

1 Tablespoon oat milk or as needed

Directions: Rinse and drain cashews; place in a blender or food processor; add water, vinegar, salt, and lemon and lime zest. Blend or process on high for 2 minutes; scrape down; process until completely creamy; remove from processor to a bowl; If the mixture is too thick, stir in oat milk until desired sauce consistency; refrigerate until needed. Can be stored for about 4 days.

Fresh Slaw:

3 cups shredded white cabbage or a mix of white and red cabbage

3 to 4 Tablespoons creamy cashew dressing (see recipe above)

Directions: In a medium bowl, toss the shredded cabbage with the dressing. Cover; refrigerate until serving.

Salmon:

12 ounces fresh boneless salmon fillets
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon sweet paprika
1/4 teaspoon sea salt

Taco Ingredients:

4 corn tortillas
1 ripe mango, peeled, pitted, cubed
1 avocado, peeled, pitted cubed
2 Tablespoons coarsely chopped fresh cilantro

Preparing Slow and Low Salmon – a healthy cooking method

Before Starting: Preheat oven to 275 degrees F. Line a rimmed baking sheet with aluminum foil .

Prepare Salmon: Pat salmon dry with a paper towel. Cut salmon fillet into 3/4-inch strips; place about 9 strips skin side down on the prepared baking pan.

Adding Seasoning: In a small bowl, combine all the salmon seasoning ingredients. Spread mixture over salmon strips top and sides. Let rest 10 minutes.

Oven Baking: Bake salmon in preheated 275-degree F. oven, which allows the fish to retain its moisture and oils. Bake until an instant-read thermometer inserted into the thickest part registers about 125 degrees F for medium, about 20 minutes depending on the thickness of the fish. Remove from oven; let rest about 10 minutes, remove the skin from the fish strips before using.

Prepare the Tacos

Bake the Corn Tortillas according to package directions.

Filling the Taco Shells: Place one salmon strip in each taco shell; top with slaw, chopped mango, avocado, cilantro, and sauce. Drizzle with extra dressing. Serves: 4

Serve remaining slaw, mango, avocado and cilantro on the side for preparing additional tacos if desired.

Cook's Note: If you want to serve more tacos, double the ingredients in the recipe, except the salmon. You will have extra salmon available.

Recipe Adapted from: *The Acid Watcher Cookbook* by Jonathan Aviv, MD

About the Recipe: Cooking the salmon for a longer time in a lower oven temperature allows the fish to stay moist and have a melt-in-your-mouth texture. They are the perfect size for taco shells that are filled with creamy slaw, chunks of avocado and mango, and sprinkled with chopped cilantro. This recipe is designed to balancing acids.