

Fish Tacos with Black Bean Salad

Black Bean Salad

¼ cup chopped red onion
1 garlic clove, chopped
2 tablespoons vinegar
¼ teaspoon coarse salt

Fish Tacos

1 teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon chopped garlic
2 teaspoons lemon juice
½ teaspoon salt

To Serve

8 corn tortillas
Lime wedges
2 tablespoons orange juice
2 teaspoons olive oil
1 pound flounder or other white fish fillets
Avocado slices (optional)

Instructions

1. To prepare salad, combine all ingredients. Let marinate at least 1 hour and up to 2 days.
2. To prepare tacos, combine black pepper and next 9 ingredients (pepper through salt) in a small bowl. Blend well. Place flounder in a baking dish and rub with all the marinade. Cover and place in refrigerator for up to 30 minutes.
3. Preheat oven to 450°F.
4. Remove flounder from refrigerator. Place in oven and cook 10 to 15 minutes, until opaque. Serve on warmed tortillas with black bean salad, avocado and limes.

