## interwell health

## **INGREDIENTS:**

- 1 pineapple, rind and core removed, diced into small cubes
- ½ red onion, finely diced
- 1 cup of fresh cilantro, chopped
- 1 lime, juiced
- 1 jalapeño, cored and finely diced (optional)
- 1 pound of salmon fillet
- ½ tbsp of chili powder
- 1 tsp of ground cumin
- ½ tsp of dried oregano
- 1/4 tsp of fresh cracked black pepper
- 1 tbsp of olive oil
- 8 small corn tortillas



## Blackened fish tacos with tropical salsa

## **Directions**

- 1. Preheat oven to 400 °F. Line a baking sheet with parchment paper for easy clean up, and set aside.
- 2. Prepare tropical salsa by combining pineapple, onion, cilantro, lime juice, and jalapeño if desired. Stir to combine and place in fridge to chill.
- 3. In a small bowl, whisk together chili powder, cumin, oregano, and black pepper until combined.
- 4. Lightly pat salmon dry with a paper towel and place on prepared baking sheet. Brush salmon with olive oil, then evenly sprinkle seasoning on top of salmon. Place in oven and bake until internal temperature reaches 145 °F, about 15-20 minutes.
- 5. Once salmon is fully cooked, remove from oven and use a fork to break into large chunks. If desired, warm tortillas. Evenly distribute salmon onto 8 corn tortillas and top with several spoonfuls of tropical salsa before serving.