



WEEK 3:

Pick An Exotic Citrus or Tropical Fruit

CITRUS

Oranges
Grapefruits
Tangerines
Lemons
Limes
Kumquats
Citrons
Tangelos
Ugli

TROPICAL

Bananas
Pineapples
Avocados
Dates
Figs
Mangoes
Pomegranates
Papayas

What Are Citrus Fruits?

Fruits that grow in warm regions and have a firm rind and a pulpy flesh.

Citrus fruits are high in Vitamin C and commonly associated with breakfast, but beware: juice is high in calories and sugar content and lacking in fiber. For a healthier option, eat the entire fruit rather than only drinking it's juice.

What Are Tropical Fruits?

A few of these fruits may look familiar from previous pages. Tropical fruits fall into Pome, Drude, Berry and Citrus categories. These are fruits that grow in very warm climates and differ in skin composition and seed characteristics.

Jesty Fish Tacos with Citrus Salsa

Ingredients

Fish Marinade

1 lb fish (Salmon or Tilapia)
3T olive oil
1 lime, juiced
¼ cup orange juice
2 cloves garlic
2-3 green onions
½ tsp paprika
½ tsp cumin
¼ tsp cayenne
½ tsp salt & pepper
tortillas

Citrus Salsa

1 grapefruit
1 orange
1 mango, cubed
1 jalapeno seeded, chopped
1T lime juice
½ cup red cabbage
salt to taste

Sauce

4 ounces Greek yogurt
2 canned chipotle chilies adobo, finely chopped
½ a lime, juiced
salt and pepper to taste



Instructions

1. Blend all fish marinade ingredients until chunky smooth.
2. Place fish in a dish and pour marinade over. Let rest for at least 15 minutes. (No more than 4 hours)
3. Citrus salsa: Separate grapefruit and orange from membrane. Cut fruit into bite-sized pieces and place in bowl. Add remaining salsa ingredients.
4. Sauce: Mix all ingredients together and set aside in fridge.
5. Heat skillet or grill to medium-high. Once hot, sear fish for 3-4 minutes, then flip and cook for another 3-4 minutes. (Brush with marinade while cooking.)
6. Assemble tacos: Fill warm tortillas with diced/flaked fish and citrus salsa. Garnish with sauce and your favorite cheese and enjoy!



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