Station 8 Grilled Fish Tacos

(Serves about 6)

Marinade:

- 1/4 cup extra virgin olive oil
- 2 tablespoons distilled white vinegar
- 2 tablespoons fresh lime juice
- 2 teaspoons lime zest
- 2 cloves garlic, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground black pepper
- 1 teaspoon red pepper flakes
- 1 small fresh jalapeno diced
- 1/4 cup chopped fresh cilantro leaves
- 2 pounds white flaky fish like tilapia fillets or mahi-mahi

Dressing:

- 1 (8 ounce) container light sour cream (fat free if you are really watching your calories)
- 1/2 cup adobo sauce from chipotle peppers
- 2 tablespoons fresh lime juice
- 2 teaspoons lime zest
- pinch of cumin
- 1 teaspoon minced garlic
- salt and pepper to taste

Toppings:

- 1 (10 ounce) package tortillas (corn)
- 3 ripe tomatoes, seeded and diced
- 1 bunch cilantro, chopped
- 1 small head cabbage, cored and shredded
- shredded pepper jack cheese
- 2 limes, cut in wedges

Side dish

Black beans go well with this dish!

Directions

1. To make the marinade, whisk together the olive oil, vinegar, lime juice, lime zest, cilantro, garlic, cumin, chili powder, black pepper and pepper flakes in a bowl until blended. Place the tilapia in a shallow dish, and pour the marinade over the fish. Cover, and refrigerate 1-2 hours.

2. To make the dressing, combine the sour cream and adobo sauce in a blender. Blend in the lime juice, lime zest, cumin, garlic. Add salt and pepper in desired amounts. Cover and refrigerate until needed.

3. Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

4. Remove fish from marinade, drain off any excess and discard marinade. Grill fish pieces until easily flaked with a fork, turning once, about 4 minutes per side. (Don't overcook)

5. Assemble tacos by placing fish pieces in the center of tortillas with desired amounts of tomatoes, cilantro, and cabbage. Add cheese, drizzle with dressing. Garnish with lime wedges.

Recipe courtesy of L.A. County firefighter-paramedic Sheila Kelliher