



Baja Battered Fish Provided by EatingWell.com



You may not think of fish as a taco ingredient, but the Mexican-inspired fish-taco craze is beginning to spread. Once you've had one, you'll understand. This recipe is a healthful version of the battered, deep-fried and crispy fish at Rossy's Tacos in Baja California.

- 3/4 cup beer, preferably lager or pilsner
- 1/2 cup all-purpose flour
- 1/4 cup whole-wheat pastry flour
- 1/2 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dry mustard
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon freshly ground pepper
- 1-1 1 pounds tilapia, or other firm white fish, sliced into 1/2-inch-by-2-inch strips
- 3 tablespoon canola oil, divided

COOKING DIRECTIONS

Step 1 Place beer, all-purpose flour, whole-wheat flour, salt, oregano, mustard, cayenne and pepper in a blender; blend until smooth, scraping down the sides as necessary. Transfer the batter to a shallow baking dish. Add fish, turning to coat all sides.

Step 2 Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Transfer one-third of the battered fish to the pan, placing each piece into a little oil. Cook until golden brown, 3 to 4 minutes per side. Transfer cooked fish to a plate; keep warm. Add 1 tablespoon oil and half the remaining fish to the pan; cook as directed above, reducing the heat if necessary. Cook the remaining fish with the remaining 1 tablespoon oil. Serve immediately.

The fish is best when served immediately, but will keep, wrapped, in the refrigerator for up to 1 day. To reheat, place on a baking sheet and bake for 20 minutes at 375°F.

Serves 8 Prep Time 40 min. Total Time 40 min.

NUTRITION INFO

Per serving Calories: 120 Carbohydrates: 4g Fat: 6g Protein: 11g Dietary Fiber: 0g Saturated Fat: 0g Monounsaturated Fat: 3g Cholesterol: 33mg Potassium: 180mg Sodium: 112mg Exchanges: 2 lean meat Carbohydrate Servings: 0