

# Easy Fish Lettuce Tacos

MAKES 2 Servings • PREP TIME: 15 min  
COOK TIME: 10 minutes



## INGREDIENTS

2 (6-ounce) cod filets, skinless (wild-caught if possible)  
3 tablespoons extra virgin olive oil, divided  
¼ teaspoon sea salt  
3 tablespoons parsley, chopped  
1 tablespoon fresh oregano, chopped  
2 tablespoons fresh mint leaves, chopped  
1 medium tomato, finely diced  
1/3 cup jicama, finely diced  
1 tablespoon capers  
1 lime, juiced (about 2 tablespoons)  
12 lettuce leaves (we used butter lettuce)  
½ medium avocado, sliced thinly

### Recipe Modifications

Try shrimp instead of cod for a new variation, or add chopped fresh fruit like mangos or peaches to the salsa topping.

## DIRECTIONS

1. Preheat the oven to 375°F. Cut the cod into bite-sized pieces and place in a bowl along with 1 tablespoon of olive oil and sea salt. Toss to coat then transfer to a parchment paper lined baking sheet and spread out evenly.
2. While the oven is heating, combine the parsley, oregano, mint, tomato, jicama, and capers in a mixing bowl along with the remaining olive oil. Add the lime juice, then stir to combine to create a salsa. Set aside.
3. Transfer fish into the oven and bake for 7 minutes. While the fish is in the oven, arrange the lettuce leaves (2 per taco, totaling 3 tacos per person). After the cod has baked for 7 minutes, change the setting of the oven to broil and broil for 2 minutes. Remove after 2 minutes of broiling and prepare the tacos.
4. Assemble the tacos by placing 2-3 avocado slices in each lettuce wrap and top with the baked cod. Garnish with the tomato herb salsa and serve with lime wedges if desired, eat immediately.

### Key Takeaways

Wild caught cod is rich in B vitamins, especially B12, which supports mood and energy production in the mitochondria.