



Phoebe's Phish Tacos with Kale Chips

Makes: 8 Servings

“My inspiration for this is also my favorite story. I was at a barbecue while on vacation and set my eyes on my first suckling pig,” says Phoebe. “The sight convinced me to become a vegetarian. After studying with my parents about vegetarianism and how much protein my body needs, I decided that I would eat fish and chicken, but not mammals. Making this choice has forced us to find creative protein options. Fish is both high in protein and the good types of fats we need.”

Ingredients

For the Tacos:

1 pound asparagus, tough ends removed

1 tablespoon naval orange juice

1/4 cup olive oil

1 pound or 4 fillets salmon

1/2 teaspoon garlic powder

Nutrition Information

Nutrients	Amount
Calories	759
Total Fat	40 g
Saturated Fat	7 g
Cholesterol	152 mg
Sodium	697 mg
Total Carbohydrate	36 g
Dietary Fiber	8 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	78 g
Vitamin D	29 mcg
Calcium	343 mg
Iron	4 mg
Potassium	1768 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1 1/4 cups
	Grains	1 1/2 ounces
	Protein Foods	8 ounces
	Dairy	1/2 cup

1/4 teaspoon salt

8 corn tortillas

2 avocados, halved and pitted

Juice from 1/2 lime

1/4 teaspoon salt

1/4 cup chopped fresh cilantro

4 ounces shredded low-fat mozzarella cheese

Blueberries, optional

For the Kale Chips:

1/2 pound curly kale, stalks discarded and leaves torn into bite-sized pieces

1 tablespoon olive oil

Sea salt to taste

Directions

1. **Preheat the oven to 400°F** and line a baking sheet with parchment paper. Spread the asparagus on the baking sheet, drizzle with the orange juice and 1 tablespoon olive oil, and toss to coat. Roast for 8 to 10 minutes and set aside.
2. **To make the Kale Chips:** Once the asparagus is done, reduce the oven temperature to 250°F. In a large bowl, combine the kale with 2 tablespoons olive oil and salt and toss to evenly coat. Arrange in single layer on a baking sheet and bake for about 25 minutes, or until crisp.
3. **To make the Salmon:** Sprinkle the salmon fillets with garlic powder and salt. In a large sauté pan, heat the remaining 1 tablespoon olive oil over medium heat. Add the salmon and cook, flipping

once, about 5 minutes per side, or until the fish flakes when touched by a fork. Cut each fillet in half.

4. **Warm** the tortillas in the microwave.
5. **In a medium bowl**, mash the avocados with a fork. Add the lime juice and salt and continue to mash until you get the desired texture. Stir in the cilantro.
6. **To assemble**, place 2 small pieces of salmon, and 2 pieces of asparagus inside each warm tortilla. Sprinkle with cheese then top with homemade guacamole. Arrange on a plate with kale chips and blueberries. Enjoy!

Notes

State: Oregon

Child's Name: Pheobe Gerrett, 11

Source: The 2015 Healthy Lunchtime Challenge Cookbook