

Grilled White Fish Tacos with Fresh Watermelon-Avocado Salsa

Crispy lettuce wraps filled with perfectly seasoned grilled fish and topped with a vibrant watermelon salsa—a refreshing low-GI twist on traditional tacos.

Prep: 15 min

Cook: 10 min

Total: 25 min

Servings: 4

GL 4.0 / GI 25

Ingredients

High water content (92%) keeps glycemic load low despite natural sugars seedless watermelon, diced

Healthy fats slow glucose absorption and provide satiety fresh ripe avocado, pitted and cubed

Contains quercetin which may support blood sugar regulation red onion, finely chopped

Citric acid helps moderate glycemic response fresh lime, juice and zest

Adds acidity to slow carbohydrate digestion fresh lemon, juice only

Capsaicin may boost metabolism and insulin sensitivity jalapeño pepper, stemmed and diced

Antioxidant-rich herb with potential blood sugar benefits fresh cilantro, chopped

sea salt, divided

Monounsaturated fats support stable blood sugar extra virgin olive oil, divided

Use blend of cumin, paprika, garlic powder, and black pepper seasoning blend for fish

Lean protein with zero glycemic impact, supports satiety white flaky fish fillets (cod or halibut)

Zero glycemic impact, provides fiber and crunch romaine or butter lettuce leaves

Instructions

Step 1

Prepare the watermelon salsa by combining diced watermelon, cubed avocado, finely chopped red onion, jalapeño, and fresh cilantro in a medium mixing bowl. This colorful combination provides the perfect balance of sweetness, creaminess, and heat.

Step 2

Add the juice and zest of one lime plus the juice of half a lemon to the salsa mixture. Drizzle with 1 tablespoon of extra virgin olive oil and season with 1/4 teaspoon sea salt. Gently toss all ingredients together, being careful not to mash the avocado. Set aside to allow flavors to meld while you prepare the fish.

Step 3

In a small bowl, combine the ground cumin, smoked paprika, garlic powder, and black pepper to create your spice blend. Mix thoroughly and set aside.

Step 4

Prepare your cooking surface by either preheating an outdoor grill to high heat or heating a large skillet over medium-high heat on the stovetop. If grilling, lightly brush the grill grates with oil to prevent sticking.

Step 5

Pat the fish fillets dry with paper towels and brush both sides with the remaining 1/2 tablespoon olive oil. Season generously with your spice blend and 1/2 teaspoon sea salt, ensuring even coverage on all surfaces of the fish.

Step 6

Place the seasoned fish on the preheated grill or in the heated skillet. Cook for approximately 5 minutes on the first side without moving, allowing a light crust to form. Carefully flip and cook for another 4-5 minutes until the fish is opaque throughout and flakes easily with a fork. The internal temperature should reach 145°F (63°C).

Step 7

Remove the cooked fish from heat and let it rest for 5 minutes to allow juices to redistribute. Once slightly cooled but still warm, use a fork to gently break the fish into large, bite-sized chunks suitable for tacos.

Step 8

Wash and thoroughly dry the lettuce leaves. For each taco, layer two lettuce leaves together to create a sturdy base that won't tear when filled. This double-layer technique ensures your tacos hold together beautifully.

Step 9

Assemble the tacos by placing approximately 1/4 cup of flaked fish onto each double-layered lettuce wrap. Top generously with 2-3 tablespoons of the fresh watermelon salsa. Serve immediately while the fish is still warm and the salsa is cool and refreshing. For optimal blood sugar management, eat the vegetable-rich salsa first, followed by the protein-packed fish.