

Grilled White Fish Tacos with Fresh Watermelon-Avocado Salsa

Vibrant low-GI fish tacos featuring grilled cod in crisp lettuce wraps, topped with a refreshing watermelon salsa that won't spike your blood sugar.

Prep: 15 min

Cook: 10 min

Total: 25 min

Servings: 4

GL 4.4 / GI 22

Ingredients

fresh, ripe seedless watermelon, diced

fresh ripe avocado, pitted and cubed

red onion, finely chopped

fresh lime, juice and zest

fresh lemon, juice only

jalapeño pepper, stemmed and diced

fresh cilantro, chopped

sea salt, divided

extra virgin olive oil, divided

Mexican spice blend or chili powder

white flaky fish fillets (cod or halibut)

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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.

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 olive oil and season with 1/4 teaspoon sea salt. Toss gently to combine, then refrigerate while preparing the fish.

Step 3

Pat the fish fillets completely dry with paper towels. Brush both sides with the remaining 1/2 tablespoon olive oil and season generously with the Mexican spice blend and a pinch of sea salt.

Step 4

Heat a grill to high heat or place a large skillet over medium-high heat. Once hot, add the seasoned fish fillets and cook undisturbed for 4-5 minutes until golden and crispy on the bottom.

Step 5

Carefully flip the fish and continue cooking for another 4-5 minutes until the fish is opaque throughout and reaches an internal temperature of 145°F. Remove from heat and let rest for 5 minutes.

Step 6

While the fish rests, wash and thoroughly dry the lettuce leaves. Select the largest, sturdiest leaves for the taco wraps.

Step 7

Using a fork, gently flake the cooked fish into large, bite-sized chunks, keeping some pieces intact for texture.

Step 8

To assemble, layer two lettuce leaves together for stability. Add approximately 1/4 cup of flaked fish to each double-leaf wrap, then top with 2-3 tablespoons of the watermelon-avocado salsa. Serve immediately while the fish is still warm.