

Grilled Fish Tacos with Chipotle Yogurt Sauce

2 garlic cloves, 1 minced
3 T extra virgin olive oil, divided
2 fresh limes
1 tsp Spike seasoning
½ cup plain Greek yogurt
2 chipotle peppers in Adobo sauce
pinch of sea salt
1 lb tilapia or other firm white fish fillets
10 (6-inch) corn tortillas, warmed
2-3 cups shredded cabbage
1 bunch cilantro

Preheat grill to 350°. Whisk together minced garlic, 2 tablespoons extra-virgin olive oil, juice of 1 lime and Spike seasoning in a large shallow dish. Add fish, turning to coat and let marinate for 5 minutes.

To make sauce: In food processor, combine garlic, yogurt, 1 tablespoon extra-virgin olive oil, juice of 1 lime, chipotle peppers and sea salt to taste.

Grill fish for 3 to 4 minutes on each side or just until fish begins to flake and is opaque in center. Cool 5 minutes. Flake fish into bite-size pieces. Place small pieces of grilled fish on warmed corn tortilla and top with chipotle yogurt sauce, cabbage and fresh cilantro to serve.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN