

FISH TACOS

- 1 tsp. olive oil
 - ¾ lb. white fish fillets
 - ½ tsp. salt
 - ¼ tsp. black pepper
 - 8 flour tortillas
 - ½ cup red cabbage, shredded
 - 1 avocado, chopped
 - 1 cup pineapple chunks, drained
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1. Heat the olive oil in a nonstick skillet over medium-high. Add the fish fillet, skin-side down, and season with salt and pepper.
 2. Cook for 5 to 7 minutes, turning fish half-way through cooking time, until it flakes easily with a fork. Remove skin and divide fish into 8 pieces.
 3. Meanwhile, warm tacos according to package instructions. Place a piece of fish in each taco and top with equal portions avocado, cabbage and pineapple.
 4. Serve with a tablespoon of salsa on top, if desired.
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