

SALMON TACOS WITH BASIL PESTO-YOGURT SAUCE

serves 4 (2 tacos each) Easily halved or doubled

Low Carb? Triple the greens (season well), add some extra veggies and put the salmon and onion mixture on top for a *Salmon Salad*, w/ pesto-yogurt dressing.

- 8 small corn or flour tortillas--I like the tortillas that are a blend of corn and flour from La Tortilla Factory
- Canola or other neutral oil
- 2 onions, sliced
- 1 large red sweet pepper, cored and sliced
- Kosher salt, fresh ground pepper
- 1 pound salmon fillet, cut into four pieces
- 2 cups fresh baby spinach leaves or shredded kale (or a mixture)
- Pinch crushed red pepper, optional
- 2 lemons, cut into halves
- 1/3 cup plain Greek yogurt
- 1/3 cup basil pesto, homemade or purchased
- 1/3 each cup minced cucumber and scallions for garnish
- Grated Cheddar or Manchego, optional

1 **Preheat oven to 350.** Wrap the stack of eight tortillas with heavy-duty aluminum foil and place on rack in center of oven to warm for no more than 15 - 20 minutes while you cook the onions, peppers, and fish. (*If done ahead, remove--leave wrapped--and reserve until needed.*)

2. **In a large skillet, heat 2 tablespoon oil over medium flame;** add onions and peppers, season with salt and pepper. Cook, stirring regularly, until nearly tender. Remove to a bowl and set aside. (*If you have two large skillets or a skillet and a stovetop grill, you might do steps 2 and 3 at the same time.*)

3. **Sprinkle fish with salt and pepper.** Add another 2 tablespoons oil, heat skillet again, and add seasoned fish. Cook about 3 minutes on each side or until fish is firm, but still tender and juicy. Remove to a cutting board; let rest 1 minute. Cut each piece of fish in half and remove and discard skin. Check salmon for bones and remove, as needed.

4. **In the meantime, in a large bowl, toss together the greens,** a good pinch each of salt and pepper, the crushed red pepper (if using), the juice of 1/2 a lemon (place rest of lemon halves in a bowl and put on the table), and a drizzle of oil. In a small bowl, mix the yogurt and pesto in a small bowl. Set both bowls aside.

5. **Remove tortillas from oven and place two on each plate.** To each tortilla, add about a some seasoned greens, a few cooked onions with peppers, and top with a piece of salmon. Drizzle with yogurt-pesto sauce. Garnish with cucumber and scallions and cheese, if using. Pass remaining lemon wedges at the table. Serve hot or at room temperature.

Cook's Notes: If you like heat, add a few drops of hot sauce to the yogurt and pesto mixture.