



## Fish Tacos Class Shopping List

Produce	Pantry
1 medium slicing tomato (beefsteak, heirloom, or other)	<a href="#">Liquid allulose</a> (can substitute 100% pure maple syrup)
1 red onion	<a href="#">Red wine vinegar</a>
1 large bunch cilantro	<a href="#">Honey</a>
2-3 jalapeno peppers (depending on size)	<a href="#">Chili Powder</a>
<a href="#">6 cups slaw mix</a> (or shredded cabbage)	<a href="#">Ground Cumin</a>
4-5 limes	<a href="#">Ground Coriander</a>
½ ripe avocado	<a href="#">Garlic Powder</a>
1 lb. fresh strawberries	<a href="#">Onion Powder</a>
Watermelon (¼ large melon or 1 mini)	<a href="#">Cayenne</a>
<a href="#">5 tomatillos in husks</a>	<a href="#">Corn tortillas</a> or <a href="#">Masa Harina</a> to make your own
4 large cloves garlic	Baking soda
1-2 serrano peppers (sub jalapeno for medium heat or omit for mild salsa)	Kosher salt and pepper
Small yellow onion	<b>Refrigerator</b>
<b>Protein</b>	<a href="#">Dairy free sour cream</a>
<a href="#">1.5 - 2 lbs wild caught Mahi Mahi</a> (fresh is preferable, but frozen is fine) - be sure to thaw in the refrigerator for at least 24 hours if frozen.	

- All of the above ingredients should be available at Whole Foods or Wegmans. If you wish to buy on Amazon, I have included links. As an Amazon Associate, I may earn a small commission when you purchase through these links.
- When purchasing produce, I always suggest organic when possible. Based on the EWG's dirty dozen, you should definitely purchase organic strawberries if at all possible.

- Anytime we use animal protein, I always suggest you choose organic, free range or grass fed. For fish I suggest wild caught small fish whenever possible.
- When roasting or sauteing, I recommend using [avocado oil](#) when possible. I prefer a good organic and cold pressed [olive oil](#) for sauces or to drizzle over already roasted vegetables.
- If time permits and there is desire, we will make tortillas in class. We made them last summer, but will make them again if people want another demonstration.