Blackened Mahi Mahi Tacos

Serves 4

**Ingredients:**
1 pound Mahi Mahi tuna filets  
1 tablespoon blackened seasoning  
1/2 cup red cabbage  
1/4 cup pineapple  
1 tablespoon cilantro  
1 tablespoon lime juice  
Salt and pepper to taste  
1 teaspoon canola oil  
4, 6-inch flour tortillas

**Directions:**
1. For the slaw, combine cabbage, pineapple, cilantro, lime juice, salt and pepper. Marinate for at least one hour.
2. Season tuna filets with blackened seasoning.
3. Heat skillet with canola oil. Pan sear tuna filets in skillet until they reach an internal temperature of 165°F.
4. Serve tuna filets on grilled tortillas and garnish with the slaw.

**Nutrition Information  Per Serving (Serving Size 1 taco):**
Calories: 237, Total Fat: 5 g, Saturated Fat: 1 g, Unsaturated Fat: 3 g, Cholesterol: 51mg, Sodium: 955 mg, Carbohydrate 18 g, Fiber: 1 g, Sugar: 3 g, Protein: 29 g

**Source:**
Chef Brian Hancock, Sous Chef  
Vanderbilt Athletic Training Table

Vanderbilt Recreation and Wellness Center