**Carol’s Fish or Shrimp (or both): Tacos on the Grill**

I grew up in the kitchen with my momma, and I remember shrimp tacos was the very first meal that I made from start to finish on my own. I knew she loved shrimp, so I thought this would be a fun meal to make. Bless her heart, she ate every bite even though now I know not to cook shrimp for like 10 minutes…let’s just say they were very chewy. I promise, I have perfected them since then…LOL!

Maybe you have a couple of picky eaters in your family? My mom always thought we’d be more willing to try a dish if we were part of making it…that’s how she got me to try things like fish, shrimp and even Brussel sprouts! I’m thankful she thought to bring me into the kitchen with her…it’s the reason why food is still an adventure for me today as an adult.

This week’s Quick Family Recipe is super easy…it’s only 3 ingredients for the cooking part. You can grill it or pan fry it. We use last week’s [**Pineapple Salsa** **recipe**](https://zradio.org/qfr-all-quick-family-recipes/fish-tacos/), which is also easy to make as a topping and a few other store bought ingredients. This dinner seriously takes 15 minutes to throw together. You can name your kids the Chief Seasoning Officer this week or better known as the CSO and they can also be your after dinner entertainment!:)

**Ingredient List:**

* Fish or Shrimp (or both;)\*
* Your favorite seasoning (I love a chile lime seasoning for this one, but you probably have a cabinet full of spice blends. Grab one that looks nice and go for it…remember, citrus and garlic pair well with seafood)
* Olive Oil
* \*I usually use fresh tilapia filets that I find on sale at the Publix seafood counter. One butterflied filet per person is more than enough for each adult. Half a filet is the perfect amount for kids. For shrimp, I usually buy medium or large peeled and deveined shrimp depending on what’s on sale. I plan on about 8-12 shrimp per adult.

**Toppings:**

* [**Pineapple Salsa**](https://zradio.org/qfr-all-quick-family-recipes/pineapple-salsa/) (from last week’s Quick Family Recipe)
* Tri-color shredded cabbage for cole slaw (you can find this in the bagged salad section by the fresh fruits and veggies at the grocery store)
* Tortillas (your favorite soft shell tortillas to use for tacos; I prefer wheat or flour for these, but some people really enjoy corn)

**How to Make On the Grill:**

* This is where the kids become the CSO (Chief Seasoning Officer)…give them a brush and the olive oil and let them go to town making sure your fish and shrimp are completely brushed with olive oil.
* Generously shake on your seasoning…seriously, make sure every square inch of your fish and shrimp is patted down with seasoning.
* Throw your seasoned fish and shrimp on the grill and let it cook. Fish needs to cook about 3-4 minutes per side and your shrimp is done after a minute or two on each side. You can tell both are done when they are no longer translucent. Your shrimp will become tender and pink and your fish filets will be a perfect flaky white.

**Pro Tip:** Do not keep flipping your fish or shrimp. Let them cook for the full amount of time on one side and then flip and allow to cook for the full amount of time on the other. This will help your fish not to fall apart.

**Low Carb Option (Our Sweet Z88.3 Mornings FB Friend, Jennifer, this one is for you and all our other low carbing friends, too!:)**

I live low carb most of the time, too! I’ll try to include a low carb option on the blog from now on. The fish or shrimp tacos can easily be low carb…just serve them with avocado or guacamole instead of the pineapple salsa and leave off the tortilla or buy the low carb tortillas from Publix or Trader Joe’s! Those were my favorite finds!

**Dinner Party Theme:** That’s it! Serve with your favorite tortillas and tri-color shredded cabbage, which adds the best crunchy texture to your tacos. Top with your homemade grilled pineapple salsa. Get the kids to wear a grass skirt and do the hula, throw a paper umbrella in everyone’s water and you’ve got yourself a Quick Family Recipe that takes your family on a fun island adventure for the evening!

As usual, let me know if you make it and how it turns out for your family. Tag your photos online with #ZRecipes and #Carolbake!

Enjoy!:)

Carol Ellingson  
Z88.3’s Resident Foodie  
Originally posted on [Carolbake.com](http://carolbake.com/).

**Carol’s Fish or Shrimp (or Both): Tacos on the Stove**

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**Toppings:**

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* Tri-color shredded cabbage for cole slaw (you can find this in the bagged salad section by the fresh fruits and veggies at the grocery store)
* Tortillas (your favorite soft shell tortillas to use for tacos; I prefer wheat or flour for these, but some people really enjoy corn)

**How to Make On the Stove:**

* This is where the kids become the CSO (Chief Seasoning Operator)…give them about 2-3 tbsp of olive oil and let them pour it into your non-stick pan.
* Turn your burner on medium-high and let your olive oil begin to heat up.
* Generously shake on your seasoning…seriously, make sure every square inch of your fish and shrimp is patted down with seasoning.
* Throw your seasoned fish or shrimp in the pan and let it sear. You are looking for that nice sizzling sound as soon as your fish hits the hot oil. Fish needs to cook about 4 minutes per side and your shrimp is done after a minute or two on each side. You can tell both are done when they are no longer translucent. Your shrimp will become tender and pink and you fish filets will be a perfect flaky white.

**Pro Tip:** Do not keep flipping your fish or shrimp. Let them cook for the full amount of time on one side and then flip and allow to cook for the full amount of time on the other. This will help your fish not to fall apart.

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