

## **Gloria Rodriguez**

### *Bio & Fish Taco Recipe*

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#### **Bio:**

Since her retirement in 2004 as a media relations director at a San Francisco hospital, Gloria has worked as a personal chef, restaurant consultant, caterer; in earlier years she produced cooking segments for a TV magazine show.

The main focus of her food work is in teaching to cook for better health with an emphasis in bringing back the “joy” in cooking and helping folks gain more confidence in their meal preparation.

Due to today’s lifestyles and the dramatic rise in obesity related diseases she strongly believes that by adopting healthier meal choices and planning families *can* heal and thrive.

#### **Fish Tacos**

##### Ingredients

red snapper fillets - (2 lbs.) cubed  
garlic bulb – 8 cloves sliced/diced  
1 yellow onion – chopped  
olive oil – 2 tablespoons  
1 tablespoon – teriyaki sauce  
1/2 teaspoon – cumino  
1/2 teaspoon – red chile spice

cabbage - 1 cup thinly sliced  
2 tomatos – diced  
cilantro – small bunch chopped  
1 red onion – diced  
1 avocado - diced  
1 fresh Serrano chile – seeded & chopped

1 dozen corn tortillas  
sliced lemon or lime wedges

Slightly marinate fish 15 minutes in advance of cooking w/ teriyaki sauce, red chile spice, cumino.

Heat oil in skillet. Add garlic, onion and fry for 4 minutes until soft and translucent. Add fish and cook for about 5 minutes, until done. Season to taste and set aside.

In separate bowl mix avocado, tomatos, onion, cilantro, chile and cabbage.  
Wrap tortillas in foil to warm up in a skillet.  
To serve fold tortilla in half and fill w/ fish mixture and top w/ salad mix.  
Serve with lemon or lime wedges & enjoy.