

Tips On Trips

Healthful Eating While Living Away From Home

(NAPSA)—Being away on business or vacation can mean frequent unhealthy fast food or expensive restaurants but one clever cook has the perfect solution.

The winner of the national “Away From Home Cooking Recipe Contest,” Lauren Wyler, created a delicious travel-friendly one that can be made in Extended Stay America’s fully equipped hotel room kitchens. Chosen from entries from around the country, Lauren’s Baja Fish Taco Tortas were taste tested by Food Network host Sunny Anderson, who also creates recipes for the hotel chain’s “Away From Home Cooking” cookbook.

Baja Fish Taco Tortas with Smoky Cilantro Slaw *by Lauren Wyler*

Ingredients:

- 2 cups shredded cabbage mix
- 2 tablespoons ranch dressing
- 1 teaspoon chipotle hot sauce
- ¼ cup cilantro leaves, roughly chopped
- 2 ripe avocados, peeled and pit removed
- 4 tablespoons salsa verde
- 1 lime
- 1 pound cod
- 1 teaspoon cumin
- 4 torta or bolillo rolls, split in half
- 2 tablespoons oil
- 1¼ teaspoons salt
- ¼ teaspoon pepper

Directions:

1. In a medium mixing bowl, combine the shredded cabbage, ranch dressing, hot sauce, chopped cilantro and ½ teaspoon salt. Stir until the slaw is well mixed.



Food Network host Sunny Anderson and Lauren Wyler cooking her winning recipe in an Extended Stay America kitchen.

2. In a small bowl, place the peeled avocado, salsa verde and ¼ teaspoon salt. Using a fork, roughly mash and mix together.

3. Cut the lime in half. Take one of the halves and cut it into wedges to serve with the finished tortas.

4. Heat 2 tablespoons of oil in a large skillet over medium high heat. While the pan is heating, sprinkle the cod with the cumin, ½ teaspoon of salt and ¼ teaspoon of pepper. When the oil is hot, add the fish to the pan and cook for 3–5 minutes. Flip the fish and continue to cook for 3–5 minutes or until the fish flakes easily and is opaque. Remove the pan from the heat and squeeze the half of lime over the fish.

5. To assemble, place the halved torta rolls on each plate. Spread each of the torta bottoms evenly with the avocado spread, divide the fish evenly between each and then top each with the slaw. Serve with lime wedges.

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