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RECIPE MAKEOVER

A Healthy Catch

Reel in the calories with this slimmed-down take on fish tacos.

• This south-of-the-border staple is one of those foods that fool you: It sounds healthy, but the main ingredient is usually battered and deep-fried. "That crispy coating is a way to cover up bland food," says Michael Stebner, executive chef of True Food Kitchen, a chain of restaurants in California and Arizona. To lighten things up, he grilled the fish to enhance its flavor without adding fat, then topped it with Southwest seasonings and a touch of sour cream instead of the usual mayo-laden sauce. You'll be hooked after the first bite!

• Serve these with hot sauce, lime wedges, and fresh cilantro.



BY THE NUMBERS

BEFORE	AFTER
540	240
CALORIES	CALORIES
26	4
GRAMS OF FAT	GRAMS OF FAT

HALIBUT STREET TACOS

SERVES 6

PREP TIME: 30 MINUTES

TOTAL TIME: 45 MINUTES

- 1 jalapeño, stem removed
- 1 small yellow onion, peeled and sliced
- 3 tomatillos, husks removed
- ¼ cup chopped fresh cilantro juice of 1 lime
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- 1 teaspoon plus 1 pinch sea salt, divided
- olive oil cooking spray

- 1 pound fresh halibut, cut into 3-inch-long strips
- 1 teaspoon freshly ground black pepper
- 12 6-inch corn tortillas
- ¼ cup nonfat sour cream
- 2 cups shredded green cabbage
- ¼ cup chopped scallion
- 2 radishes, sliced

1. Place jalapeño, onion, and tomatillos over high heat on an outdoor grill. Roast, turning occasionally, for 10 minutes or until soft. Set aside to cool.
2. Chop the grilled ingredients. Toss with

cilantro, lime juice, chili powder, cumin, and a pinch of salt to make a salsa.

3. Coat a small baking sheet with cooking spray, then spread fish on it, making sure no pieces overlap; season with pepper and remaining salt. Put baking sheet on the grill, close the lid, and cook fish for 6 to 9 minutes or until white.

4. Remove pan from heat and place tortillas on the grill for 1 minute per side or until warm. Remove tortillas from grill and wrap in a cloth napkin to keep

them warm while you assemble tacos.

5. Top each tortilla with a dab of sour cream, a piece of fish, a dollop of salsa, and a handful of cabbage; sprinkle with scallions and radishes. Fold tortillas in half and serve.

Nutrition score per serving (2 tacos): 240 calories, 4g fat, 0g saturated fat, 32g carbs, 19g protein, 5g fiber, 109mg calcium, 2mg iron, 474mg sodium

JONNY VALIANT. FOOD STYLING: MAGGIE RUGGIERO/VARGAS REPRESENTS. PROP STYLING: MATTHEW GLEASON