

Fish Tinaktak

Makes
12 servings

Prep time
15 minutes

Cook time
20 minutes

Good source of
Protein
Fiber

Ingredients:

- 1 Tbsp. vegetable or canola oil
- 1 small onion, diced
- 3 cloves garlic, chopped
- 2 cups fresh long beans, cut into 2-inch pieces
- 1 can (13.5 oz) lite coconut milk
- 2 cups local leafy greens (pechay, kangkong, pumpkin tips, etc.)
- 2 cups cherry tomatoes, cut into halves
- 2 fresh kalamansi, squeezed for juice
- 1 tsp. salt
- ½ tsp. black pepper
- 1 lb. frozen basa/swai fish fillets, thawed, cut into 2-inch pieces

Nutrition Facts

12 servings per container
Serving size 1 cup (113g)

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 220mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 5mcg	25%
Calcium 26mg	2%
Iron 0mg	0%
Potassium 258mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Heat oil in a pot over medium heat.
2. Add onions and garlic and sauté for 2-3 minutes. Add long beans and cook an additional 2-3 minutes.
3. Pour coconut milk in pot and bring to a boil. Simmer for 2-3 minutes.
4. Add leafy greens, tomatoes, kalamansi juice, salt & pepper. Stir well and let simmer for an additional 3 minutes.
5. Add fish to pot and cook thoroughly, about 5 minutes, stirring occasionally, but being careful not to break fish apart.
6. Remove from heat and serve over brown rice.

