

OneGreatDish

Grilled Fish Taco

Bazo's Fresh Mexican Grill, 1907 S. Fourth St.

You can't always control when you're going to get hungry and how quickly you have to eat, so it's nice to know there are some relatively healthy options for fast food when you're out and about in Louisville.

While the battered Baja-style fish taco might be the gold standard for some, I prefer mine grilled, not deep-fried, and Bazo's Fresh Mexican Grill makes them just the way I like.

Bazo's claim that "fresh is better" is no empty boast. The grilled fish taco (\$2.69) is made to order, and since tilapia's a delicate fish, I imagine it would suffer if left under the indignity of a heat lamp for long.

The fish taco starts with two layers of corn tortilla, stuffed with straight-from-the-grill lemon-pepper-seasoned tilapia and topped with shredded cabbage (more for crunch than flavor), a zingy sour cream-based dressing, salsa fresca and a squeeze of lime.

Pair it with a cold Pacifico or make like those kids in Vampire Weekend and order a Horchata. Or just grab one wrapped in foil and hit the road, happy to have avoided the drive-through and the warming lamp yet again.

— Erin Keane

