

Recipes

SIMPLE FISH TACOS

INGREDIENTS

Make your own restaurant-style fish tacos at home for a light and healthy dinner.

1 pound cod or white fish fillets, cut into 1-inch pieces
1 tablespoon olive oil
2 tablespoons lemon juice
½ package taco seasoning
12 (6-inch) warmed corn tortillas
1 cup shredded red cabbage
1 cup shredded green cabbage
2 cups chopped tomatoes
½ cup nonfat sour cream taco sauce to taste
lime wedges for serving (optional)



25 **10** **239** **6**
Minutes Ingredients Calories Serv

PREPARATION

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.

Makes 6 servings - 2 tacos per serving.

NUTRITIONAL INFORMATION

Calories: 239
Total Fat: 5 g
Saturated Fat: 1 g

Trans Fat: 0 g

Cholesterol: 42 mg

Sodium: 247 mg

Total Carbohydrate: 32 g

Dietary Fiber: 4 g

Protein: 19 g