



Simple Fish Tacos

Makes: 6 servings

Seasoned chunks of cod topped with fresh diced tomatoes, shredded cabb

Ingredients

1/2 cup sour cream (non-fat)

1/4 cup mayonnaise (fat-free)

1/2 cup fresh cilantro (chopped)

1/2 package taco seasoning (package low-sodium, divided)

1 pound cod or white fish fillets (cut into 1 inch pieces)

1 tablespoon olive oil

2 tablespoons lemon juice

2 cups red and green cabbage (shredded)

2 cups tomato (diced)

12 corn tortillas (6-inch, warmed)

Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	350 mg
Total Carbohydrate	32 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

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lime wedges (for serving)

Directions

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Source: Centers for Disease Control and Prevention, More Matters Recipes