

Fish Tacos

Makes: 4 Servings

Fish tacos are a fun way to add fish to your meal. Cabbage from the coleslaw mix gives some crunch and extra nutrients.

Ingredients

- 1 red onion, chopped
- 1/2 cup cilantro, chopped
- 1 cup packaged coleslaw mix
- 4 tilapia fillets (or any white fish)
- 8 small corn tortillas
- 1 teaspoon chili powder (more or less to taste)

Directions

1. Clean and chop onion, cilantro and cabbage. Mix in a bowl and set aside.
2. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
3. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it "flakes" or pulls apart easily when separated with a fork.

Nutrition Information

Nutrients	Amount
Calories	180
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	48 mg
Sodium	92 mg
Total Carbohydrate	15 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	24 g
Vitamin D	120 IU
Calcium	55 mg
Iron	1 mg
Potassium	495 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	3/4 cup
 Grains	1 ounce
 Protein Foods	2 1/2 ounces

4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.

5. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

Notes

Suggest serving with salsa and lemon or lime slices.

Source: ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.