



# Simple Fish Tacos

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

**Makes 6 servings.** 2 tacos per serving.

**Prep time:** 20 minutes **Cook time:** 5 minutes

## Ingredients

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

## 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.

**Nutrition information per serving:** Calories 239, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 42 mg, Sodium 247 mg

Recipe courtesy of the Produce for Better Health Foundation.

DINNER

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