Fish Tacos

Yield 4 Servings

Ingredients

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

Instructions

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".

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.

Nutrition Facts

Serving Size 2 tacos (231g)
Servings Per Container 4

Amount Per Serving

Calories 250 Calories from Fat 35

	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 80mg	**3%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 26g	

Vitamin A 8% • Vitamin C 45%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cost

Per recipe: $11.00
Per serving: $2.75

Source

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

Notes

Suggest serving with salsa and lemon or lime slices.