

FISH TACOS WITH SWEET SLAW

Fish Tacos with Sweet Slaw

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 2 (Serving= 2 tacos with 1 cup slaw)

Nutrition (per serving)

Calories: 270

Total Carbohydrate: 36

Total Fat: 6 g

Dietary Fiber: 6 g

Saturated Fat: 1.5 g

Protein: 19 g

Sodium: 236 mg

Ingredients

- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 (4 ounce) tilapia fillets
- Cooking spray
- 2 cups bagged shredded cabbage slaw
- 2 Tablespoons fat free French dressing
- 2 Tablespoons light sour cream
- 2 teaspoons cilantro, chopped
- 1 teaspoon garlic, minced
- 4 corn tortillas
- Juice of ½ lime

Directions

1. Mix cumin and chili powder together in a small bowl. Sprinkle on both sides of tilapia.
2. Spray medium size skillet with cooking spray and place on medium-high heat. Cook the fish for ~5 minutes on each side. Flake with spatula into fine pieces while continuing to cook through (about 1-2 minutes).
3. In a medium bowl, mix together cabbage slaw, French dressing, sour cream, cilantro and garlic. Set aside.
4. If using gas stove, place 1 tortilla at a time on the burner and turn on medium heat. Let edges get crispy and just barely charred then flip and repeat. Microwave for 20 seconds if stove top is electric.
5. Divide the fish evenly among the tortillas, place ½ cup sweet slaw on top and squeeze fresh lime juice.