



A Nutrition Resource

SIMPLE FISH TACOS

Yield: 6 Servings | Serving Size: 2 tacos
Cost/Serving: \$2.08

Ingredients:

- 1 Tablespoon vegetable oil
- 2 Tablespoons lemon juice
- 1 packet (1.25 ounces) taco seasoning
- 3/4 cup sour cream
- 1/2 cup chopped, fresh cilantro (optional)
- Nonstick cooking spray
- 12 (6-inch) corn tortillas
- 1 pound tilapia fillets (4 fillets) frozen, thawed
- 2 cups shredded cabbage
- 2 large tomatoes, diced
- Lime wedges (optional)

Directions:

- 1) Wash all produce.
- 2) Collect, cut, and measure all ingredients before starting to prepare the recipe.
- 3) In a small bowl, mix oil, lemon juice, and 1 1/2 teaspoons of taco seasoning. Set aside.
- 4) In a second small bowl, combine sour cream, cilantro (if using), and 2 Tablespoons of taco mix. Set aside.
- 5) Spray a large skillet with cooking spray. Add tortillas to the skillet one at a time. Heat briefly on both sides over medium heat until warm and soft. Wrap in 2 layers of foil, put on a plate, and cover with another plate to keep warm.
- 6) Spray the skillet with cooking spray again. Place fish fillets in the skillet. Cook over medium heat for 1 1/2 minutes until golden brown, flip, and cook another 1 1/2 minutes until golden brown on the other side.

Nutrition Facts

6 servings per container

Serving size 2 Tacos (248g)

Amount Per Serving

Calories 320

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 300mg	13%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 9mcg	45%
Calcium 124mg	10%
Iron 2mg	10%
Potassium 760mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 7) Pour the lemon juice mixture over the fish. Cook for another 1 to 2 minutes. When the fish flakes easily with a fork, it's done. Break the fish into bite-sized pieces.
- 8) Fill tortillas with fish and top with a bit of the sour cream mixture.
- 9) Top with shredded cabbage, diced tomato, and a squeeze of fresh lime (if using).
- 10) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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