



Fish Tacos with Tangy Slaw

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 2 tacos

Ingredients

2 tablespoons no-salt-added taco seasoning (store-bought or homemade; try the Taco Seasoning recipe on page 78), divided
4 tablespoons (¼ cup) lime juice, divided
2 tablespoons olive oil, divided
1 pound (16 ounces) white fish fillets (e.g. cod)
¼ cup nonfat plain Greek yogurt
¼ cup olive oil mayonnaise
¼ cup chopped fresh cilantro (optional)
1 tablespoon honey or sugar
½ teaspoon ground black pepper
¼ teaspoon salt
4 cups shredded cabbage (about ½-1 head)
8 (6-inch) flour or corn tortillas, warmed

Directions

1. In a small bowl, combine 1 tablespoon of the taco seasoning, 1 tablespoon of the lime juice, and 1 tablespoon of the oil. Coat the fish fillets with the mixture.
2. In a separate small bowl, combine the remaining 1 tablespoon of taco seasoning with the yogurt, mayonnaise, and 1 tablespoon of the lime juice. Set aside.
3. In a medium mixing bowl, whisk together the remaining 2 tablespoons lime juice, 1 tablespoon of the olive oil, cilantro, honey or sugar, black pepper, and salt. Add the shredded cabbage and toss to coat. Set aside.
4. Heat a nonstick skillet over medium-high heat.
5. Add the fish and cook until it is cooked through and flakes easily with a fork, about 3-6 minutes per side. Remove the fish from the pan and let it rest for 1-2 minutes.
6. Break the fish into bite-sized pieces, then divide the pieces of fish and the dressed cabbage over the warmed tortillas.
7. Serve warm, drizzling with the yogurt mixture to taste.

**Nutrition Facts Per Serving: Calories: 400 | Total Fat: 14 g | Saturated Fat: 1 g
Sodium: 385 mg | Total Carbohydrate: 37 g | Dietary Fiber: 3.5 g | Protein: 30 g**

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