

Fantastic Fish Tacos Entree

Serves 8

Size per serving: 1 taco (260g)



Ingredients:

2 Tbs Olive Oil

2 Tbs Fresh Lime Juice

1/8 tsp Salt

1/8 tsp Pepper

1 lb Tilapia

8 ct Flour Tortillas

1 ½ cup Shredded Cabbage

½ cup Corn

¼ cup Fresh Cilantro

Directions:

1. In a small bowl whisk together oil, lime juice, salt and pepper. Pour over fish and marinate for 20 minutes
2. Put yogurt into a strainer lined with paper towel and place over bowl to drain and thicken for 20 minutes
3. Remove fish from marinade and grill on medium-high heat until cooked through, about 3 minutes per side
4. Set the fish aside for 5 minutes
5. Heat tortillas for 30 seconds on each side
6. Flake the fish with a fork into tortilla. Top with 1 tbsp of chipotle cream sauce, cabbage, corn and cilantro

Per Serving 360 calories, 13g fat, 0g trans fat, 220mg sodium, 4g fiber, 28g protein, 4% DV (daily value) for vitamin A, 20% DV for vitamin C, 15% DV for calcium and 8% DV for iron.

Chipotle Cream Sauce (Ingredients)

½ cup Plain Nonfat Yogurt

2 Tbs Mayonnaise

2 tsp Chipotle Seasoning

Directions:

In a small bowl, combine thickened yogurt, chipotle pepper, and mayonnaise

TREASURE BOX ITEMS=

