

Tilapia Tacos

Ingredients

Fish

- 1 lb. tilapia or other similar white fish fillets
- 2 Tbsp. fresh lime juice
- 2 tsp. olive oil
- 1/2 tsp. chili powder
- 2 garlic cloves, minced

Sauce

- 1 cup plain nonfat yogurt (preferably Greek-style)
- 1 1/2 Tbsp. nonfat mayonnaise
- 2 Tbsp. mild or hot salsa
- 2 tsp. lime juice
- Fresh ground pepper to taste

Vegetables

- 1 cup shredded green or red cabbage
- 1 large tomato, seeded and diced
- 1/3 cup minced cilantro
- 4 (8-inch) whole-wheat tortillas

Garnish (optional)

- 4 thin slices fresh avocado (*not included in nutritional analysis*)

Preparation

1. To prepare the fish: Combine the fish with the lime juice, olive oil, chili powder, and garlic in a bowl, and let marinate for 30 minutes to 1 hour, covered, in the refrigerator.
2. Meanwhile, combine all the ingredients for the sauce and set aside.
3. Prepare the vegetables; set aside.
4. Remove the fish from the refrigerator, and heat the oven to broil. Cover a broiler pan with foil, and coat with cooking spray. Broil the fish for about 4 to 5 minutes per side until fish is cooked through. Remove from oven. Let fish cool slightly; flake into large pieces.
5. Heat each tortilla in a large skillet over medium heat, cooking the tortilla on each side for about 2 minutes until lightly browned.
6. Spread the inside of each tortilla with about 1 Tbsp. of the sauce. Divide the fish among the tortillas and top with some of the vegetables. Fold over the tortilla to form a taco and garnish with a slice of avocado. Drizzle additional sauce over each taco.

Makes: 8 servings



Nutrition Facts

Serving Size One taco (171g)
Servings Per Container 8

Amount Per Serving

Calories 230 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 300mg **13%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 17g

Vitamin A 4% • Vitamin C 15%

Calcium 6% • Iron 8%

*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