

EASY FISH TACOS WITH LIME CREMA

INGREDIENTS:

Lime Crema:

- 1/4 cup sour cream
- 3 tablespoons mayonnaise
- 1 tablespoon lime juice
- 1/8 teaspoon salt

Slaw:

- 2 cups cabbage, shredded
- 1/4 cup cilantro, chopped
- 1/2 green onion, sliced
- 1 garlic clove, minced

Tacos:

- 2 tablespoons vegetable oil
- 1 tablespoon lime juice
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 pound white fish (cod, halibut, snapper)
- 4 (6-inch) soft taco tortillas
- 1 avocado, sliced

DIRECTIONS:

Lime Crema: In a small bowl, whisk together all crema ingredients. Set aside.

Slaw: In a large bowl, combine all the slaw ingredients. Set aside.

Tacos:

1. Preheat oven to 425°F.
2. In a small bowl, combine: vegetable oil, lime juice, cumin, paprika, coriander, red pepper powder, garlic powder, salt, and pepper. Dip the fish into the bowl and turn the fish until it is evenly coated with the marinade. Place fish onto a lined baking tray and let it marinate in the refrigerator for 15 minutes.
3. Bake for 10 – 12 minutes, until the fish is flaky when tested with a fork. Transfer the fish to a plate and break into smaller pieces using a fork.
4. Heat the soft tortillas according to the directions on the package.
5. Divide the fish evenly onto the tortillas. Top each taco with sliced avocados, 1/4 cup of slaw, and a tablespoon of crema.

Nutrition Facts

Serving Size 1 taco (282g)

Servings Per Container 4

Amount Per Serving

Calories 370 **Calories from Fat 180**

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 390mg **16%**

Total Carbohydrate 27g **9%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 22g

Vitamin A 10% • **Vitamin C 35%**

Calcium 6% • **Iron 6%**

*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

