



# Street-Style Fish Tacos

Servings 6 | Prep time 20 mins. | Total time 30 mins.

## Equipment:

Measuring Cups and Spoons

Medium Bowl

Large Skillet

## Utensils:

Mixing Spoon

## Ingredients

1 pound tilapia or other white fish fillets (if using frozen fish, defrost according to package directions)

1 tablespoon olive or vegetable oil

2 tablespoons lemon juice

½ package low sodium taco seasoning or 2 tablespoons CYP Taco Seasoning blend

1 15 ounce can no salt added diced tomatoes or one large tomato, diced

12 6-inch corn tortillas, warmed

1 cup red cabbage, shredded and 1 cup green cabbage, shredded, or 2 cups bagged coleslaw mix

½ cup low-fat Greek yogurt or low-fat sour cream

Taco sauce (optional)

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce, if needed.
2. Remove fish from package. Pat with paper towel to remove excess moisture.
3. In a medium bowl, using a fork, whisk together oil, lemon juice, and taco seasoning mix until well-blended. Add fish and stir gently to coat fish in mixture evenly. Pour into a large skillet.
4. Cook evenly over medium-high heat for 4-5 minutes, or until fish flakes easily when tested with a fork. Remove from heat. Flake fish into small pieces with a fork.
5. Fill tortillas with fish mixture. Drain canned tomatoes.
6. Top with cabbage, tomatoes, sour cream, and taco sauce, if using. Serve with lime wedge, if desired.

### Nutritional Information:

Calories 280   Total Fat 8g   Sodium 540mg   Total Carbs 28g   Protein 26g