



# Street-Style Fish Tacos

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

## Equipment:

Medium bowl  
Large frying pan

## Utensils:

Mixing Spoon  
Measuring cups and spoons

## Ingredients

1 pound (fresh or frozen) white fish fillets (tilapia, cod, perch, etc.)\*  
1 tablespoon olive oil OR vegetable oil  
2 tablespoons lemon juice (about 1 lemon)  
1/2 packet reduced sodium taco seasoning or 2 tablespoons Celebrate Your Plate Taco Seasoning  
1 14.5 ounce can no salt added diced tomatoes OR 1 large tomato, diced  
12 corn tortillas, warmed  
1 cup red cabbage, shredded and 1 cup green cabbage, shredded OR 2 cups bagged coleslaw mix  
1/2 cup plain Greek low-fat yogurt OR low-fat sour cream  
Taco sauce (optional)  
\*If frozen, defrost fish according to package directions.

## Nutritional Information:

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

## 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. Using a fork, whisk together oil, lemon juice, and taco seasoning mix in a medium bowl until well-blended. Add fish and stir gently to evenly coat fish in mixture. Pour into a large frying pan.
4. Evenly cook over medium-high heat for 4-5 minutes, or until fish flakes easily when tested with a fork. Remove from heat. Using a fork, flake fish into small pieces.
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.