

FISH TACOS

INGREDIENTS:

1 cup	Low Fat Mayonnaise	8 each	6 inch Corn Tortillas
1 tablespoon	Lime Zest	1/2 cup	Grated Cabbage
1 tablespoon	Fresh Lime Juice	1/4 cup	Sliced Green Onions
12 ounces	Flaky White Fish Filets (cod, grouper, etc.)	1/4 cup	Grated Radish
1 tablespoon	Blackening Spice	1/2 cup	Grated Carrot
1 teaspoon	Olive Oil	1/4 cup	Feta Cheese Crumbles

METHOD:

- Preheat the oven to 375°F.
- In a small bowl, stir together the mayonnaise, lime zest and lime juice to mix well. Set aside in the refrigerator.
- Preheat sauté pan on high heat. Sprinkle the blackening spice on both sides of the fish filets. Pour the oil in the pan and swirl to coat the bottom. Sear the fish for about 30 seconds per side or until well blackened.
- Transfer the fish to the oven, cook for about 3 minutes, until the internal temperature of the fish reaches 145°F. Remove from oven and set aside.
- **Prepare tacos by building as follows:**
 - 1 tortilla
 - 1.5 ounces of fish
 - 2 tablespoons cabbage
 - 1 tablespoon green onions
 - 2 tablespoons carrot
 - 1 tablespoon radish
 - 1 tablespoon lime mayonnaise
 - 1 tablespoon feta cheese

Serves: 4

Serving Size: 2 tacos

Calories: 280

Fat: 7 grams

Protein: 18 grams

Carbohydrate: 39 grams

Sodium: 440 grams



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