



EATING SMART  
BEING ACTIVE

## Simple Fish Tacos

Makes: 6 servings (2 tacos per serving)

Preparation Time: 15 minutes

Cooking Time: 4 to 5 minutes

### **Ingredients**

- 1 tablespoon vegetable oil
- 2 tablespoons lemon juice
- 1 packet (1.25 ounces) taco seasoning
- $\frac{3}{4}$  cup sour cream
- $\frac{1}{2}$  cup chopped, fresh cilantro (optional)
- Nonstick cooking spray
- 12 (6 inch) corn tortillas
- 1 pound tilapia fillets (4 fillets) frozen, thawed
- 2 cups shredded cabbage
- 2 large tomatoes, diced
- Lime wedges (optional)

### **Directions**

1. Wash all produce.
2. Collect, cut, and measure all ingredients before starting to prepare the recipe.
3. In a small bowl, mix oil, lemon juice, and 1  $\frac{1}{2}$  teaspoons of taco seasoning. Set aside.
4. In a second small bowl, combine sour cream, cilantro (if using), and 2 tablespoons of taco seasoning mix. Set aside.
5. Spray a large skillet with cooking spray. Add tortillas to the skillet one at a time. Heat briefly on both sides over medium heat until warm and soft. Wrap in 2 layers of foil, put on a plate, and cover with another plate to keep warm.
6. Spray the skillet with cooking spray again. Place fish fillets in the skillet. Cook over medium heat for 1  $\frac{1}{2}$  minutes until golden brown, flip, and cook another 1  $\frac{1}{2}$  minutes until golden brown on the other side.
7. Pour the lemon juice mixture over the fish. Cook for another 1 to 2 minutes. When the fish flakes easily with a fork, it is done. Break the fish into bite-sized pieces.
8. Fill tortillas with fish, and top with a bit of the sour cream mixture.
9. Top with shredded cabbage, diced tomato, and a squeeze of fresh lime (if using).
10. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>2 Tacos (248g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 55mg	<b>19%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	<b>42%</b>
Vitamin D 9mcg	<b>45%</b>
Calcium 124mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 760mg	<b>15%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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*Go Lean with Protein*