FISH TACOS WITH RAINBOW SLAW

Servings: 6
Prep Time: 10 min
Cooking time: 15 min

INGREDIENTS

Ingredients:

- Corn tortillas (flour tortillas -soft or hard tacos can be used)
- 2 pounds tilapia or other white fish (about 6 filets)

Slaw:

- 1 red pepper, thinly sliced
- 1 small cucumber, thinly sliced
- 2 carrot, thinly sliced
- ½ small head of red cabbage, thinly sliced
- ½ small head of green cabbage, thinly sliced

Vinaigrette:

- ¼ cup olive or canola oil
- ¼ cup lime juice
- 2 tbsp. honey or maple syrup
- Salt and pepper

Sauce:

- Greek yogurt – 7 oz., plain non-fat or low-fat
- Chipotle peppers in adobo sauce

PREPARATION

Slaw: Slice cabbage, red pepper, cucumber and carrot. Toss with lime vinaigrette, salt and pepper to taste. Let stand 15-20 minutes while preparing other ingredients.

Chipotle-yogurt sauce: Mix yogurt with 1 diced chipotle pepper in adobo sauce (or ¼ tsp chili powder), a pinch of salt and pepper.

Tortillas: Warm tortillas briefly in oven or microwave and wrap to keep warm.

Fish: Spread fish with salt and pepper and 1 diced chipotle pepper with adobo sauce (or sprinkle with chili powder). Heat 1-2 tsp olive or canola oil in a non-stick pan on medium heat. In batches, brown fish on one side, turn and simmer until cooked about 5 minutes.

Assemble: Add fish, slaw and your favorite toppings to a warm tortilla, and enjoy!

MATERIALS

- Bowl/spoon
- Roasting Tray
- Mandolin/Grater

TECHNIQUES AND TIPS

CUISINE: Mexican

COST: $4.50/8 servings

TECHNIQUES:

- Sautéing
- Searing
- Emulsification

NUTRITION TIPS:

- Use a mandolin, food processor or grater to prepare the slaw. Pre-packaged slaw is a quick option.
- 1 bunch cilantro, washed and de-stemmed (optional)
- Topping Ideas: Avocado, cherry tomatoes, black beans, corn (fresh or frozen)

Nutrition Facts

Serving Size 1 serving (84g)
Servings Per Container 1

Amount Per Serving

Calories 90	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat .5g	**4%**
Trans Fat	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	**0%**
Sodium 250mg	**11%**
Potassium 15mg	**0%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 3g	

Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
Thiamin 0%	• Riboflavin 0%
Niacin 0%	• Vitamin B6 0%
Folacin 0%	• Vitamin B12 0%
Phosphorus 0%	• Zinc 0%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Rainbow Slaw with Vinaigrette

Servings per Recipe: 6
Amount per Serving: ~ ½ cup
Calories: 161.2

Total Fat: 9.4 g

Cholesterol: 0.0 mg

Sodium: 144.6 mg

Total Carbs: 19.9 g

Dietary Fiber: 4.4 g

Protein: 2.6 g