

Carla Due, Miller County Extension Agent



Festive Fish Tacos

Source: Cooking with Extension | Yield: 4 servings. 260 Calories, 4.5 g Total Fat, 1g Saturated Fat, 24g Protein, 29g Carbohydrate, 2g Dietary Fiber, 110mg Sodium

Salsa Ingredients

- 1 mango*
- ¼ cup green bell pepper*
- ¼ cup cucumber*
- ½ cup red onion*
- 2 tablespoons cilantro*
- 1 ½ teaspoons chili powder
- 1 tablespoon lime juice

*finely chopped

Mix all ingredients together. Set aside.

- 1 ½ teaspoons chili powder
- 1 tablespoon lime juice

Slaw Mix Ingredients

- 2 cups cabbage, finely shredded
- ¼ cup fat-free Ranch dressing
- 1 teaspoon chili powder

Mix all ingredients together. Set aside.

Tacos Ingredients

- Salsa
- Slaw Mix
- 4 tilapia filets (or other white fish)
- Non-stick cooking
- Black pepper, to taste
- Paprika, to taste
- 8 (6-inch) soft corn tortillas
- 1 cup cheese, grated

Tacos Directions

Preheat broiler in oven. Adjust top rack to rest approximately 6-inches from broiler. Line pan with aluminum foil and spray with non-stick cooking spray. Place filets on prepared pan and sprinkle with pepper and paprika. Broil filets until cooked, about 6 minutes or until fish flakes easily when tested with a fork.

Meanwhile, wrap tortillas in damp paper towels and heat in microwave for 30 seconds. Divide each filet in half. Place half of cooked filet in each tortilla. Top with slaw mix and salsa.