



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 hands with soap and water.
2. Wash all produce under cold running water.
3. Collect, cut, and measure all ingredients before starting.
4. In a small bowl, mix oil, lemon juice, and 1 $\frac{1}{2}$ tsp of taco seasoning. Set aside.
5. In another bowl, combine sour cream, cilantro (if using), and 2 T of taco seasoning. Set aside.
6. 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.
7. Spray the skillet with cooking spray again. Place fish fillets in skillet. Wash hands with soap and water before continuing. 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.
8. Pour the lemon juice mixture over the fish. Cook for another 1-2 minutes, until internal temperature reaches 145° F. When tilapia flakes easily with a fork, it is done. Break fish into bite-size pieces.
9. Fill tortillas with fish, and top with a bit of the sour cream mixture.
10. Top with shredded cabbage, diced tomato, and a squeeze of fresh lime (if using).
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Nutrition Facts	
6 servings per container	
Serving size	2 Tacos (248g)
Amount Per Serving	
Calories	320
<small>% Daily Value*</small>	
Total Fat 13g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 300mg	13%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 8mcg	45%
Calcium 124mg	10%
Iron 2mg	10%
Potassium 760mg	15%

*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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