Fish Tacos with Tangy Slaw

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 2 tacos

Ingredients

- 2 tablespoons no-salt-added taco seasoning (store-bought or homemade; try the Taco Seasoning recipe on page 78), divided
- 4 tablespoons (¼ cup) lime juice, divided
- 2 tablespoons olive oil, divided
- 1 pound (16 ounces) white fish fillets (e.g. cod)
- ¼ cup nonfat plain Greek yogurt
- ¼ cup olive oil mayonnaise
- ¼ cup chopped fresh cilantro (optional)
- 1 tablespoon honey or sugar
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 4 cups shredded cabbage (about ½-1 head)
- 8 (6-inch) flour or corn tortillas, warmed

Directions

1. In a small bowl, combine 1 tablespoon of the taco seasoning, 1 tablespoon of the lime juice, and 1 tablespoon of the oil. Coat the fish fillets with the mixture.

2. In a separate small bowl, combine the remaining 1 tablespoon of taco seasoning with the yogurt, mayonnaise, and 1 tablespoon of the lime juice. Set aside.

3. In a medium mixing bowl, whisk together the remaining 2 tablespoons lime juice, 1 tablespoon of the olive oil, cilantro, honey or sugar, black pepper, and salt. Add the shredded cabbage and toss to coat. Set aside.


5. Add the fish and cook until it is cooked through and flakes easily with a fork, about 3-6 minutes per side. Remove the fish from the pan and let it rest for 1-2 minutes.

6. Break the fish into bite-sized pieces, then divide the pieces of fish and the dressed cabbage over the warmed tortillas.

7. Serve warm, drizzling with the yogurt mixture to taste.