



Zesty White Fish Tacos

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

Yield: 4 servings | Serving Size: 2 tacos

Ingredients

- 1 packet salt-free taco seasoning mix
- 3 tablespoons lime juice, divided
- 1 tablespoon oil
- 1 pound white fish fillets (e.g. cod, pollock, tilapia)
- ½ cup plain Greek yogurt
- ½ cup olive oil mayonnaise
- ¼ cup chopped fresh cilantro
- 4 cups shredded cabbage (about ½-1 head; can substitute coleslaw mix)
- 8 small flour or corn tortillas

Directions

1. Combine 1 tablespoon of the taco seasoning, 1 tablespoon of the lime juice, and the oil.
2. Coat the fish fillets with the oil mixture.
3. Combine the remaining taco seasoning, the remaining 2 tablespoons lime juice, the yogurt, mayonnaise, and cilantro.
4. Toss half of the yogurt sauce with the shredded cabbage.
5. Heat a nonstick skillet over medium-high heat.
6. Add the fish and cook until it flakes easily with a fork, about 5-7 minutes, turning when about halfway cooked.
7. Let the fish rest for 1-2 minutes, then break it into pieces.
8. Meanwhile, wrap the tortillas in a damp paper towel and microwave until warm, about 30 seconds.
9. Divide the cooked fish and dressed cabbage over the warmed tortillas.
10. Serve warm, drizzling with remaining yogurt sauce to taste.

Recipe Notes

- To save time, purchase pre-shredded cabbage or substitute 4 cups coleslaw mix for the shredded cabbage.

**Nutrition Facts Per Serving: Calories: 430 | Total Fat: 16 g | Saturated Fat: 2 g
Sodium: 376 mg | Total Carbohydrate: 38 g | Dietary Fiber: 5 g | Protein: 33 g**

Adapted from www.mrsdash.com | Submitted by Dana Herring MS, RDN
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