

Fish Tacos

Makes: 4 servings (2 tacos each)

Ingredients

- 1 red onion, chopped
- 1/2 cup cilantro, chopped
- 1 cup shredded cabbage
- 1 lb white fish-any kind
- 8 small corn tortillas
- 1 teaspoon chili powder (more or less to taste)

Directions

1. Mix onion, cilantro, and cabbage together in a bowl and set aside.
2. Coat a baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and lay out on sheet.
3. Place in the oven about 6 inches from the broiler and broil for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it pulls apart easily when separated with a fork.
4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
5. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

Total Cost: \$6.49

Serving Cost: \$1.62

Source: USDA Mixing Bowl web site. ONIE Project - Oklahoma Nutrition Information and Education



Nutrition Facts	
4 servings per container	
Serving size	2 tacos (166g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 75mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 3mcg	15%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 397mg	8%

*The % Daily Value 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.

