



Easy Fish Tacos



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 390, calories from fat 110,
total fat 12g, saturated fat 1g,
cholesterol 55mg, sodium 450mg,
total carbohydrate 38g, dietary fiber
3g, sugars 13g, protein 28g,
vitamin A 15%, vitamin C 60%,
calcium 8%, iron 15%

- 1 lb tilapia (or other flaky whitefish)
- 2 Tbsp canola oil
- 1 Tbsp lime juice
- ½ tsp chili powder
- 1 cup shredded green cabbage
- 4 whole-wheat tortillas (6 inches each)
- 4 oz nonfat sour cream
- 1 cup Desert Pepper Peach Mango Salsa

DIRECTIONS:

Heat grill. Cut fish into 4 pieces. Whisk together oil, lime juice, chili powder. Brush mixture onto both sides of each fillet; season with salt and pepper. Grill 3 to 4 minutes on each side until cooked through. Fill each tortilla with 1 fillet, flaked into pieces, and ¼ cup each cabbage and salsa; top with 2 tbsp sour cream.

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★ Easy Fish Tacos ★ Shopping List

DAIRY:

- 1 cup shredded green cabbage

MEAT/POULTRY/SEAFOOD:

- 1 lb tilapia (or other flaky whitefish)

**WHOLE GRAINS/
BREADS/ PASTA:**

- 4 whole-wheat tortillas (6 inches each)

SPICES/SEASONINGS:

- Chili powder

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Canola oil
- Lime juice
- Desert Pepper Peach Mango Salsa

DAIRY:

- 4 oz. nonfat sour cream