Fish Tacos

Tacos can be a wonderfully healthful way to eat fish. This fresh, colorful recipe was demonstrated and sampled at one of our popular cooking classes.

Gluten Free Fish Tacos

Ingredients:
- Juice of one lime
- 1 clove garlic, minced
- 1 teaspoon olive oil
- 1 teaspoon cumin
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1 small head cabbage, shredded (6-8 cups)
- 1/2 cup chopped cilantro
- 24 oz white fish (cod, tilapia, etc)
- Cumin to taste (about 1/2 tsp)
- Salt and pepper to taste (about 1/8 tsp each)
- 1/2 cup plain yogurt
- 3-4 teaspoons milk or milk substitute
- 15-20 dashes of chipotle Tabasco
- One large avocado, cut into thin slices
- 10 corn tortillas

Directions:
1. Preheat oven to 375. Combine shredded cabbage and cilantro in a large bowl. Stir together lime juice, garlic, olive oil, cumin, honey, and salt in a small bowl. Pour over cabbage and cilantro, toss to mix.
2. Spray a baking sheet with cooking spray. Lay fish onto prepared baking sheet, sprinkle with cumin, salt, and pepper. Bake about 15 minutes (more for thicker fish), or until fish flakes with a fork and internal temperature reaches 145F. Wrap corn tortillas in foil, and place in the oven for the last 5-10 minutes of baking time.
3. Combine yogurt, milk, and tabasco in a small bowl.
4. To serve, break cooked fish into chunks, place on warm tortilla. Top with avocado and cabbage mixture, drizzle with creamy chipotle sauce.

Serving Size: 1
Yield: 10 servings

Nutrition Information / Amount per serving:
- Calories 170
- Protein 15.4 g
- Total fat 4g
- Total Carbohydrates 18.6 g
- Saturated fat .6 g
- Dietary Fiber 4.1 g
- Cholesterol 30.1 mg
- Sodium 161 mg

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