

Cornmeal-Crusted Fish Tacos with Lime Yogurt Sauce and Cabbage Slaw

Your family will love the crunch of the fish and cabbage slaw paired with the tanginess of the yogurt sauce. Any fruit or tomato salsa can replace the yogurt sauce to provide a punch of Vitamin C. Serve these with corn tortillas to add whole grains to your meal.

Serves: 4

Ingredients

For the yogurt sauce

½ cup low-fat plain Greek yogurt
2 Tablespoons lime juice
Pinch of salt

For the fish

1 pound tilapia fillets, sliced into 4 long strips
2 Tablespoons Right Spice- “The Mother in Law or Safety”
½ cup cornmeal
salt and pepper to taste
5 Tablespoons olive or other oil, divided

For the Slaw

2 cups thinly sliced red and white cabbage or bagged slaw mix
1 Tablespoon apple cider vinegar
1 teaspoon olive oil
1 Tablespoon chopped green onion
1 Tablespoon cilantro leaves, chopped
salt and pepper to taste

For the tacos

8 corn tortillas, warmed in microwave or toasted over medium heat in a skillet
1 avocado, sliced
lime wedges and salsa (optional)



Nutrition Facts

4 servings per container
Serving size
2 tortillas with 4 fish strips, 2 avocado slices, 2 T cabbage slaw and 1 T yogurt (310g)

Amount Per Serving
Calories 470

	% Daily Value*
Total Fat 27g	35%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 380mg	17%
Total Carbohydrate 32g	12%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 3.5mcg	20%
Calcium 110mg	8%
Iron 2.2mg	10%
Potassium 740mg	15%

* The % Daily Value (DV) 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.

Instructions

For the sauce- In a small bowl, stir lime juice and pinch of salt into the yogurt and set aside.

For the Fish- Combine corn meal and the Right Spice mix into a shallow dish. Add tilapia strips to another shallow dish with 1 tablespoon of olive oil and mix well. Sprinkle fish with salt and pepper to taste. Add 3-4 tilapia strips at a time to the cornmeal-spice mixture and dredge both sides. Add oil to skillet and when hot, add the tilapia strips and cook on both sides, until fish is easily pierced by a fork. Remove fish strips to a towel lined plate to drain. Finish cooking the remaining fish strips.

For the Slaw- In a bowl, add olive oil, vinegar, green onions and cilantro to the cabbage and mix well. Add salt and pepper to taste.

For the Tacos- Add a few spoonfuls of slaw and a few avocado slices to 2 corn tortillas. Add 2-3 fish strips on top. Top with yogurt sauce or salsa and a squeeze of lime.