



GRILLED FISH TACOS WITH COLESLAW

Grilled fish tacos are a delicious way to enjoy your favorite seafood. Choose any white fish of your choice and marinate it before grilling the fish to a perfect golden-brown. Top them off with a creamy and crunch coleslaw that ties all the ingredients together!

Yield: 6 servings

Ingredients:

- 2 cups **coleslaw mix**
- 3 Tbsp plain **Greek yogurt**
- 2 tsp **apple cider vinegar** (can substitute with white vinegar)
- ½ Tbsp **lime juice**
- 1-pound lean **white fish fillets**, fresh or frozen (whiting, tilapia, halibut, mahi mahi, snapper, cod)
- ¼ tsp + 1 pinch **kosher salt** (divided)
- ¼ tsp **garlic powder**
- ¼ tsp **paprika**
- ¼ tsp **ground coriander**
- ¼ cup fresh **parsley or cilantro leaves**, chopped
- 6 whole **corn or flour tortillas**, 6 inches in diameter

Instructions:

1. In a medium bowl, combine the coleslaw mix, yogurt, vinegar, lime juice, and pinch of salt. Set aside.
2. Preheat grill on high heat.
3. In a small bowl, combine the ¼ teaspoon of salt, garlic powder, paprika, and coriander. If using frozen fish, thaw in warm water, then pat dry on both sides. Rub both sides with the spice mixture.
4. Thoroughly coat the grill grates with nonstick spray or oil.
5. Place the fish fillets on the grill and cook for approximately 3 minutes per side or until the fish is thoroughly cooked, reaching an internal temperature of 145 degrees Fahrenheit. *
6. Remove the fish once they are cooked and place the tortillas on the grill for a few seconds to lightly toast, making sure they don't burn.
7. Assemble the tacos by dividing the fish and coleslaw among the tortillas. Sprinkle the fresh parsley on top of each. Serve immediately and enjoy!

* **Chef's Note:** You can also cook your fish on the stovetop! Heat 2 tablespoons of olive oil in a pan or skillet on medium-high heat. Lay the fish fillets gently into the pan and cook for 2-3 minutes on one side. Flip the fillets and cook the other side for another 2-3 minutes, or until the fillets reach an internal temperature of 145 degrees Fahrenheit.

Per Serving: Calories 178, Protein 8.5 g, Saturated Fat 0.6 g, Sodium 736.4 mg, Fiber 0.8 g, Sugars 1.4 g

This recipe was adapted from www.bellyfull.net.

