



# Fish Tacos



4 white fish fillets, such as tilapia or flounder (if frozen, thaw according to package directions)  
1/2 Tablespoon chili powder  
1/2 Tablespoon cumin powder  
8 (6-inch) corn or flour tortillas

1 cup shredded green cabbage  
1 small red onion, cut in half and sliced thinly  
2 Tablespoons lime juice  
1 Tablespoon cilantro, minced

**Instructions:** Wash hands with soap and water. Heat large skillet or grill pan over medium heat. Pat fish fillets dry with paper towel. Rub chili powder and cumin onto both sides of fillets. Wash hands with soap and water. Spray nonstick cooking spray onto heated skillet or grill pan. Add fillets. Cook 4-5 minutes and flip fish over. Cook for additional 4-5 minutes. Fish is ready when internal temperature reaches 145 degrees F and flakes with a fork. Cut cooked fish into bite-sized pieces. Set aside.

Wash produce, then spread cabbage and red onion onto tortillas. Add cooked fish and top with lime juice and cilantro.

*Yield: 4 servings (2 tacos each)*

**Nutrition Facts** (per serving): 240 calories, 4 grams fat, 100 milligrams sodium, 26 grams carbohydrate, 1 grams fiber, 26 grams protein