



Cilantro Lime Fish Tacos

SERVING: 1

PREP TIME: 10 MIN

YIELD: 4

TOTAL TIME: 30 MIN

Ingredients

Pico De Gallo

- 2 Tomato, medium, chopped
- 1/2 Red Onion, small, chopped
- 1 Jalapeno, medium, chopped
- 2 tbsp Cilantro, fresh
- 1/2 tbsp Garlic, minced
- 1 Lime, juice
- 1 tsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Smoked Paprika

Tacos

- 1 Lime, juiced
- 1 tbsp Olive Oil
- 1 tbsp Honey
- 1/2 tbsp Garlic, minced
- 4 (4 oz) Tilapia Filets, halved
- 1/2 cup Whole Wheat Flour
- 1 tsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Smoked Paprika
- 4 Corn Tortillas

Suggested Toppings:
shredded lettuce
and feta cheese crumbles

Nutrition Facts

4 servings per container	
Serving size	2 taco (0.0g)
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 26g	
Vitamin D 3.5mcg	20%
Calcium 40mg	2%
Iron 1.6mg	8%
Potassium 600mg	15%
<small>* 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.</small>	

Directions

1. To make Pico de Gallo, mix all ingredients in a bowl. Cover and refrigerate.
2. In a small bowl, mix juice, oil, honey, and garlic.
3. Using a cutting board, cut tilapia in halve. Place tilapia halves in large bowl,
4. Pour marinate over tilapia in bowl and set aside.
5. Using another large bowl, add flour and seasonings.
6. In a medium skillet, coat generously with cooking spray over medium-high.
Add fish & cook 5 minutes per side or until fish flakes with a fork.
7. Place fish in tortillas. Top with Pico de Gallo and other suggested toppings.
8. Enjoy!

*Recipe adapted from the
onieproject.com

Cost Per Recipe

\$8.72

Cost Per Serving

\$2.18