

Simple Fish Tacos

Fish provides tasty protein to keep us strong, while veggies add a satisfying (and nourishing) crunch. With some flavorful taco sauce mixed in, this dish will delight your taste buds!

Makes: 6 servings
Prep/Cook Time: 15 minutes

Recipe Source: snaped.fns.usda.gov

Ingredients

- 1/2 cup sour cream (non-fat)
- 1/4 cup mayonnaise (fat-free)
- 1/2 cup fresh cilantro (chopped)
- 1/2 packet taco seasoning (divided)
- 1 pound cod or white fish fillets (cut into 1 inch pieces)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups red and green cabbage (shredded)
- 2 cups tomato (diced)
- 12 corn tortillas (6-inch, warmed)
- lime wedges (for serving)

Directions

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 taco	
Nutrients	Amount
Calories:	220
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	36 mg
Sodium:	355 mg
Total Carbohydrates:	32 g
Dietary Fiber:	4 g
Total Sugars:	4 g
Added Sugars:	1 g
Protein	15 g

Utensils Needed

- Knife
- Spoon
- Cutting Board
- Mixing bowls (2)
- Large skillet
- Spatula
- Measuring spoons
- Measuring cups

SHOPPING LIST























Average total cost without oil and seasonings: \$15.43

Average cost/serving: \$2.57

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

		Add 1 to cart Fresh cilantro bunch			Add 1 to cart Lemon juice (4 oz)
		Add 1 to cart Green cabbage (small): \$.69			Add 1 to cart Mayonnaise (30 oz)
		Add 1 to cart Red cabbage (small): \$.99			Add 1 to cart Diced Tomato (14.5 oz)
		Add 1 to cart Lime			Add 1 to cart Light Sour Cream (16 oz)
		Add 1 to cart Taco seasoning			Add 1 to cart Frozen cod fillets (16 oz)
					Add 1 to cart Corn tortillas (30-ct)

SAVE TIME, SAVE MONEY

Cooking Tips

- To cut back on cost, you can use fish sticks instead of fish fillets, and choose just one type of cabbage.
- Find taco seasoning and diced tomato that are low in sodium or salt.
- Look for light or reduced fat sour cream and mayo to cut calories.
- Use whole wheat tortillas to add a heart-healthy whole grain.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Tortilla Casserole
 - Ramen Cabbage Salad

My Cooking Notes

