



Fish Tacos



Makes: 4 Servings

Total Cost: \$\$\$\$

Fish tacos are a fun way to add fish to your meal. Cabbage from the coleslaw mix gives some crunch and extra nutrients.

Ingredients

- 1 red onion, chopped
- 1/2 cup cilantro, chopped
- 1 cup packaged coleslaw mix
- 4 (4-ounces each) tilapia fillets (or any white fish)
- 1 teaspoon chili powder (more or less to taste)
- 8 small corn tortillas

Directions

1. Wash hands with soap and water.
2. Clean and chop onion, cilantro, and cabbage. Mix in a bowl and set aside.

3. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
4. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it "flakes" or pulls apart easily when separated with a fork.
5. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
6. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

Notes

Learn more about:

- [Onions](#)
- [Herbs](#)
- [Cabbage](#)

Source:

Oklahoma Nutrition Information and Education
ONIE Project

Nutrition Information

Serving Size: 2 tacos




Nutrients	Amount
Total Calories	169
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	47 mg
Sodium	88 mg
Carbohydrates	14 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	23 g
Vitamin D	3 mcg
Calcium	46 mg
Iron	1 mg
Potassium	443 mg

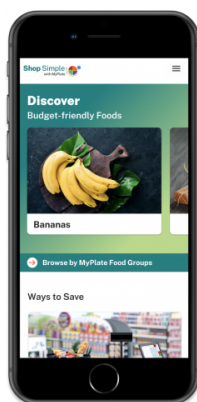
N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups



-  Vegetables 1/2 cups
-  Grains 1 ounces
-  Protein Foods 2 1/2 ounces



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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