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SMOKY TILAPIA TACOS

Inexpensive tilapia is readily available and sustainable. Broiling makes this a no-fuss fish dish that also packs plenty of fiber and protein.



6 SERVINGS



2 TACOS



21 MIN

INGREDIENTS

- 1 teaspoon garlic powder
- 1 teaspoon Spanish smoked paprika
- 1/4 teaspoon ground coriander
- 1/4 teaspoon freshly ground black pepper
- 3/8 teaspoon kosher salt, divided
- 2 pounds tilapia fillets
- 1 tablespoon olive oil
- 1 tablespoon finely chopped fresh cilantro
- 2 teaspoons canned chopped green chiles
- 1 diced peeled avocado
- 12 (6-inch) corn tortillas (certified gluten-free if necessary)
- Cooking spray
- 6 lime wedges

INSTRUCTIONS

1. Preheat broiler to high.
2. Combine first 4 ingredients and 1/4 teaspoon salt. Brush fillets with oil, and sprinkle with spice mixture. Place fillets on a baking sheet. Broil 6 minutes or until fish flakes easily when tested with a fork.
3. Combine remaining 1/8 teaspoon salt, cilantro, chiles, and avocado in a bowl; lightly mash with a fork.
4. Heat tortillas on a grill pan coated with cooking spray 20 seconds on each side or until lightly charred. Divide avocado mixture and fish among tortillas. Serve with lime wedges.



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CALORIES 297

Fat	10g
Saturated fat	2g
Monounsaturated fat	2g
Polyunsaturated fat	1g
Protein	33g
Carbohydrate	20g
Fiber	5g
Sugars	2g
Cholesterol	77mg
Iron	10%
Sodium	201mg
Calcium	3%
Potassium	600mg
Vitamin A	4%
Vitamin C	8%



NUTRITIONAL INFO

BLUEPRINTS

WHILE BROILER PREHEATS,
make spice rub for the tilapia. Brush fillet with oil, and sprinkle with spice rub.

WHILE FISH BROILS,
make avocado mixture for the tacos.

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