

Main Dish

# Baja Fish Tacos



**Period of Time:** All time   **Prepare Time:** 15 min   **Cook Time:** 15 min

## Ingredients

2 pounds Pacific cod or tilapia fillets (Cod: Category 1 - Lean Protein, Gluten-free )  
 3/4 cup fresh lime juice (Lime Juice: Condiments, Freebies )  
 3 tablespoon Zero Drag 100% MCT Oil (Zero Drag 100% MCT Oil: Cooking Fat, Healthy Fats )  
 3 cloves garlic, minced (Garlic: Freebies )  
 1 cup bottled green taco sauce (Ortega Mild Green Taco Sauce: Condiments, Freebies )  
 5 tablespoons fat free sour cream (Approved Fat Free Sour Cream: Condiments )  
 1 1/2 packages (10 oz. size) finely shredded cabbage (Cabbage: Category 2 - Fibrous Carbohydrates, Freebies, Gluten-free )  
 5 approved tortillas (Ole Xtreme Wellness High Fiber Low Carb Tortilla Wraps: Category 2 - Fibrous Carbohydrates, Breads )  
 fresh cilantro sprigs (Cilantro: Freebies, Gluten-free )  
 salt (Salt: Spices & Seasonings )

## Directions

1. Prepare a gas or charcoal grill for direct, medium-high heat (you can hold your hand 1 to 2 inches above cooking grate only 3-4 seconds). While grill heats, in a gallon size resealable bag, combine fish, lime juice, Zero Drag 100% MCT Oil and garlic.
2. Press bag to seal and turn over several times to coat fish evenly with marinade.
3. Marinate for 15 minutes.
4. In a large bowl, whisk together taco sauce and sour cream until smooth. Add cabbage and mix to coat evenly. Set aside. Arrange tortillas in a stack and seal in foil. Lift fish from marinade and discard. Place fish

and tortilla packet on a well-oiled cooking grate. Cover gas grill.

5. Cook, turning fish and tortillas once with a wide spatula until fish is opaque in thickest part (cut to test) and tortillas are warmed through, 8 to 12 minutes total. Transfer tortillas to a serving basket and fish to a bowl.
6. Discard any bones and skin, then break the hot fish into chunks. Wrap pieces of fish and cabbage mixture in warm tortillas. Add salt and cilantro to taste.

## Serving Notes

Serving size: 1 tortilla

Serves 5. Category 1+2+c. You may serve with additional cat 2s if you'd like. You may also use salsa verde or green enchilada sauce in place of the mild green taco sauce if you'd prefer. \*

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Added: March 21, 2011