**Fish Tacos**

Serves 4

* 1 pound white flaky fish, such as [mahi mahi](http://www.foodterms.com/encyclopedia/mahi-mahi/index.html), haddock or cod
* 2 T [canola oil](http://www.foodterms.com/encyclopedia/canola-oil/index.html)
* 1 lime, juiced
* 1 tablespoon [chili powder](http://www.foodterms.com/encyclopedia/chili-powder/index.html)
* 1 jalapeno, coarsely chopped
* 1/4 cup chopped fresh cilantro leaves
* 4 high-fiber, whole grain tortillas

Preheat grill to medium-high heat. Place fish in a medium size dish. Whisk together the oil, lime juice, chili powder, jalapeno, and cilantro and pour over the fish. Let [marinate](http://www.foodterms.com/encyclopedia/marinate/index.html) for 15 to 20 minutes.

Remove the fish from the marinade place onto a hot grill or under the broiler. Grill the fish for 4 minutes on the first side and then flip for 30 seconds and remove. Let rest for 5 minutes then flake the fish with a fork.

Warm the tortillas by placing them on the grill for about 20 seconds or wrapping them in foil and warming in the oven for about 2-3 minutes. Divide the fish among the tortillas and top shredded white cabbage (or coleslaw mix), a drizzle of light sour cream, 1 T diced avocado, and diced red onion.