

Fish Tacos

Ingredients:

16 oz. tilapia, cod, halibut, or other firm, white fish
2 cups sliced or chopped cabbage (white or purple)
2 cups chopped fresh tomatoes
½ cup fresh chunky tomato salsa or pico de gallo (I like the kind with cilantro in it)
¼ cup low-fat sour cream or low-fat white tartar sauce
4 whole wheat tortillas (use a smaller tortilla or corn, if you want to decrease the calories)
1 can black beans, rinsed and drained

Directions:

Cook fish on the grill or stove top with a little olive oil until it flakes easily with a fork. Meanwhile, heat beans in a bowl in the microwave or on the stove top. Sprinkle in a little garlic and onion powder if you like. Chop tomatoes and cabbage. Heat tortillas in the microwave under a damp paper towel for 20 seconds or so. Spoon fish, cabbage, tomatoes, salsa and beans onto a tortilla. Garnish with a bit of sour cream or white sauce, if desired. Fold or wrap and eat.

Makes about 4 servings.

Nutrition Facts per Serving:

Calories: 534
Total fat: 4.8g (if you use tilapia)
Saturated Fat: 1.2g
Dietary fiber: 10.7g
Iron: 5.1mg
Vitamin C: 30mg
Vitamin A: 258 IU
Protein: 43.9 g
Calcium: 147.2mg

Recipe from www.eatrightmontana.org