

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Grilled Fish Tacos

Makes: 6 servings (2 tacos per serving) • **Total Time:** 50 minutes

Ingredients

Tacos

- 4 teaspoons chili powder
- 2 tablespoons fresh lime juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 pounds mahi-mahi or Pacific halibut (see Note), but any white fish like catfish or tilapia will work. Fish should be 1/2-3/4 inch thick, skinned and cut into 4 portions.
- 12 corn tortillas, warmed (see Tip)



Coleslaw

- 1/4 cup reduced-fat sour cream
- 1/4 cup low-fat mayonnaise
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon lime zest
- 2 tablespoons lime juice
- 1 teaspoon sugar
- 1/8 teaspoon salt
- Freshly ground pepper to taste
- 3 cups finely shredded red or green cabbage

Preparation

1. To prepare fish: Combine chili powder, lime juice, oil, cumin, onion powder, garlic powder, salt and pepper in a small bowl. Rub spices all over fish. Let stand 20 to 30 minutes for the fish to absorb the flavor.
2. To prepare coleslaw: Combine sour cream, mayonnaise, cilantro, lime zest, lime juice, sugar, salt and pepper in a medium bowl; mix until smooth and creamy. Add cabbage and toss to combine. Refrigerate until ready to use.
3. Preheat grill to medium-high.
4. Oil the grill racks or use a grilling basket. Grill the fish until it is cooked through and easily flakes with a fork, 3 to 5 minutes per side. Transfer the fish to a platter and separate into large chunks.
5. Serve the tacos family-style by passing the fish, tortillas, coleslaw and taco garnishes separately.

Nutrition

Per serving (2 tacos): 318 calories; 9 g fat (2 g sat, 5 g mono); 110 mg cholesterol; 29 g carbohydrates; 1 g added sugars; 31 g protein; 5 g fiber; 714 mg sodium; 829 mg potassium.

Tips & Notes:

- **Tips:**
 - Prepare coleslaw (Step 2) up to 4 hours ahead.
 - To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill)
 - No grill? No problem; cook in a pan over stove top 3-5mins per side.
 - **2 ways to warm corn tortillas:** 1. Microwave: Wrap stacks of up to 12 tortillas in barely damp paper towels; microwave on High for 30 to 45 seconds. Wrap tortillas in a clean towel to keep warm. 2. Oven: Wrap stacks of 6 tortillas in foil; place in a 375°F oven for 10 to 15 minutes. Wrap tortillas in a clean towel to keep warm.
- **Notes:**
 - Serve with your favorite “Healthy” tacos garnishes that work well with fish such as mango or pineapple chunks, cubed tomatoes, avocado, fresh cilantro, salsa or red onion. (Leave the sour cream behind!)