



Crispy Fish Tacos



1/2 of recipe (2 tacos): 303 calories, 6.5g total fat (0.5g sat. fat), 489mg sodium, 35g carbs, 5.5g fiber, 6g sugars, 26g protein

Prep: 15 minutes **Cook:** 20 minutes



Ingredients

1/4 cup whole-wheat panko breadcrumbs
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. + a dash of salt
1/8 tsp. + a dash of black pepper
8 oz. raw cod, cut into 4 even pieces
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
1 tbsp. lime juice
1 tsp. honey
3/4 cup shredded cabbage or bagged coleslaw mix
2 tbsp. chopped fresh cilantro
1 tbsp. seeded and chopped jalapeño pepper
Four 6-inch corn tortillas
2 oz. avocado (about 1/2 avocado), cut into 4 slices
Optional toppings: salsa or pico de gallo, light sour cream

Directions

Preheat oven to 375°F. Spray a 8"x8" baking pan with nonstick spray.

In a wide bowl, combine breadcrumbs, garlic powder, and onion powder. Add 1/4 tsp. salt and 1/8 tsp. black pepper, and mix well.

Place fish in another wide bowl. Top with egg white/substitute, and flip to coat.

One at a time, gently shake the pieces of fish to remove excess egg, and coat with breadcrumb mixture. Evenly place on the baking pan, and top with any remaining breadcrumbs.

Bake for 8 minutes. Flip fish. Bake until fish is cooked through and coating is slightly browned and crispy, about 8 more minutes.

Meanwhile, in a medium bowl, combine lime juice, honey, and remaining dash each salt and black pepper. Mix until uniform. Add cabbage (or coleslaw mix), cilantro, and jalapeño pepper. Toss to coat and mix.

Microwave tortillas until warm, about 15 seconds.

Top each tortilla with 1/4th of the cabbage mixture (about 2 tbsp.), a piece of fish, and a slice of avocado.

MAKES 2 SERVINGS

HG Alternative: No whole-wheat panko? No problem. Just use traditional panko breadcrumbs, which have slightly less fiber.

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