



Double Stuffed Fish Tacos



1/2 of recipe (2 tacos): 301 calories, 4.5g total fat (0.5g sat. fat), 558mg sodium, 29g carbs, 4g fiber, 6.5g sugars, 35g protein

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Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

12 oz. raw cod
1/4 tsp. + 1/8 tsp. garlic powder
1/4 tsp. + 1/8 tsp. salt
1/4 tsp. ground cumin
1/8 tsp. chili powder
1 tbsp. lime juice
1 tsp. honey
1 cup shredded cabbage or bagged coleslaw mix
1 1/2 tsp. chopped fresh cilantro, or more for topping
1 oz. (about 2 tbsp.) mashed avocado
2 tbsp. fat-free plain Greek yogurt
Four 6-inch corn tortillas
1/4 cup chopped tomato

Directions

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium heat. Season cod with 1/4 tsp. garlic powder, 1/4 tsp. salt, cumin, and chili powder. Cook for 5 minutes. Gently flip, and cook for about 4 minutes, until cooked through.

Meanwhile, in a medium bowl, mix lime juice with honey. Add cabbage and cilantro, and toss to coat.

To make the sauce, in a small bowl, combine avocado, yogurt, and remaining 1/8 tsp. each garlic powder and salt. Mix well.

Place tortillas between two damp paper towels, and microwave for 15 seconds, or until warm. Fill with cabbage mixture, cod, tomato, and avocado sauce.

MAKES 2 SERVINGS

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