



## Fish Taco Bowl



Entire recipe: 280 calories, 5.5g total fat (0.5g sat fat), 474mg sodium, 22.5g carbs, 6.5g fiber, 14.5g sugars, 36g protein

**Freestyle™** **SmartPoints®** value 2\*

**Prep:** 5 minutes    **Cook:** 10 minutes

Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

- 1 oz. (about 2 tbsp.) mashed avocado
- 2 tbsp. fat-free plain Greek yogurt
- 1/8 tsp. salt
- 6 oz. raw cod
- 1/4 tsp. taco seasoning
- 1 tbsp. lime juice
- 1 tsp. honey
- 3 cups shredded cabbage or bagged coleslaw mix
- 1 tbsp. chopped fresh cilantro, or more for topping
- 1/4 cup chopped tomato

### Directions

To make the sauce, combine avocado, yogurt, and salt. Mix well.

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium heat. Sprinkle cod with taco seasoning. Cook for 5 minutes. Gently flip, and cook for about 4 minutes, until fish is cooked through.

In a large bowl, mix lime juice with honey. Add cabbage and cilantro, and toss to coat. Top with cod, tomato, and avocado sauce.

MAKES 1 SERVING

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.