



## 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

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

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### 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

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