



## 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

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [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.)

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