

FISH TACOS WITH LIME CREMA

Adapted from Melanie Pearsall, MPH, RD, LDN, CDE

Ingredients

- 1 tablespoon olive oil
- 1½ pounds white fish (such as cod or halibut)
- 1/3 teaspoon salt, divided
- ¼ cup sliced scallions
- ¼ cup roughly chopped fresh cilantro
- 3 tablespoons mayonnaise
- 3 tablespoons Greek yogurt
- 1 lime, zested and juiced
- 1 garlic clove, minced
- 2 cups shredded cabbage
- ½ cup salsa
- 8 6-inch corn tortillas

Instructions

Set oven to 425 degrees.

Oil a baking sheet with olive oil. Place fish on sheet and toss gently to coat with oil. Lightly sprinkle with salt (about 1/8 tsp). Bake for 10 minutes or until fish is opaque and flakes easily with a fork.

While fish is cooking, make the crema by combining scallions, cilantro, mayo, yogurt, 1 teaspoon lime zest, 2 teaspoons lime juice, remaining salt, and garlic in a small bowl.

In a medium bowl, toss cabbage with remaining lime zest and lime juice.

Once the fish is cooked and has rested for 5 minutes, break it into large chunks and distribute evenly among the tortillas.

Top each tortilla with cabbage, crema, and salsa.

Yield: 4 servings (2 tacos each)

NUTRITION FACTS PER SERVING

CALORIES: 400

PROTEIN: 36 grams

SODIUM: 560 milligrams

CARBOHYDRATE: 32 grams

FIBER: 6 grams

FAT: 15 grams

SATURATED FAT: 2 grams