



BeFit

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Weekday RD Recipes: Fish Tacos with Crema

From Melanie Pearsall, MPH, RD, LDN, CDE

Ingredients:

1 tbsp olive oil
1½ pounds raw white fish (such as cod, halibut, or red snapper)
1/3 tsp salt, divided
¼ cup sliced scallions
¼ cup roughly chopped fresh cilantro
3 tbsp mayo
3 tbsp low-fat Greek yogurt
1 lime, zested and juiced
1 garlic clove, minced
2 cups shredded cabbage
1 cup frozen corn, defrosted
½ cup salsa
8 (6-inch) corn tortillas

Instructions:

Set oven to 425 degrees.

Oil a baking sheet with the olive oil. Place fish on sheet and 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 tsp lime zest, 2 tsp lime juice, remaining salt, and garlic in a small bowl.

In a medium bowl, toss cabbage with any remaining lime zest and juice. In a small bowl, mix corn and salsa together.

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 the cabbage, crema, and corn salsa, dividing evenly among the tacos.

Yield: 4 servings

NUTRITION INFORMATION PER SERVING (2 tacos each):

CALORIES: 430 calories

PROTEIN: 36 g

SODIUM: 570 mg

CARBOHYDRATE: 38 g

FIBER: 6 g

FAT: 15 g

SAT FAT: 2 g