

Fish Tacos



SERVINGS: 12
INGREDIENTS

Lime Crema

½ cup Mexican crema
¼ cup Greek yogurt, 2%
¼ cup mayonnaise
¼ cup lime juice
2 tsp Mexican Salt-Free Spice Blend

Purple Cabbage Slaw

2 cups purple cabbage, shredded
½ cup carrots, shredded
½ cup lime crema
2 tsp cilantro, chopped
1/8 tsp salt

Fish Tacos

12 corn tortillas, 6"
1 ½ lb tilapia
1 tbsp olive oil
1 tbsp Mexican Salt-Free Spice Blend
¼ tsp salt

Tester Feedback



"I liked the amount of spice in this recipe. There were different textures that were very pleasant."

PREPARATION

Lime Crema

1. In a small bowl combine Mexican Crema, Greek yogurt, mayonnaise, and lime juice. Add in spices and whisk until combined. Set aside in the fridge until taco assembly.

Purple Cabbage Slaw

1. In a medium bowl, combine purple cabbage, carrots, Lime Crema, cilantro, and salt. Set aside in the fridge until taco assembly.

Fish Tacos

1. Preheat oven to 375°F. In a medium bowl, combine tilapia and a tablespoon of olive oil.
2. Place tilapia on a parchment-lined baking sheet. Sprinkle Mexican Salt-Free Spice Blend and salt evenly over both sides of fish.
3. Bake for 18-20 minutes, until fish flakes easily with a fork. If desired, increase oven to broil for 3-5 minutes to brown edges.
4. Heat a large dry skillet or griddle over medium/high heat. Lightly toast tortillas on both sides.
5. Build each taco with fish, some Purple Cabbage Slaw or Lime Crema, and other desired toppings.



Suggested Toppings

- Avocado
- Tomatoes
- Queso fresco
- Red onion
- Cilantro



Recipe Facts

per serving



\$0.96



1 oz-equivalent grains



1/2 c vegetables



1 1/4 oz-equivalent protein