

TILAPIA TACOS

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 servings of 2 tacos

Nutrition (per serving)

Calories: 394

Total Fat: 10 g

Saturated Fat: 2.2 g

Sodium: 251 mg

Total Carbohydrate: 37 g

Dietary Fiber: 7 g

Protein: 40 g



Ingredients

1/4 cup flour

1 tsp chili powder

1/4 tsp garlic powder

1/4 tsp salt and pepper (optional)

4 tilapia fillets (6 oz each)

1 Tbsp olive oil

8 corn tortillas (6 inch)

2 cups fine cole slaw mix (or grated cabbage)

- 4 Tbsp plain nonfat yogurt
- 1 Tbsp lime juice
- 1 tsp grated lime peel
- 1 cup low sodium black beans, rinsed and drained
- 1 sliced avocado

Directions

1. In large zip lock bag, mix flour, salt, pepper, garlic powder, chili powder.
2. Add tilapia fillets one at a time to the bag and shake to coat.
3. Cook fillets in olive oil over medium heat in a nonstick skillet 5-6 minutes on each side or until fish flakes easily with a fork. Set aside.
4. Corn tortillas may be heated on stovetop in a skillet for softer tacos or can be made into crunchy taco shells in the oven: Heat oven to 350 degrees. Place each tortilla over two spaces on oven rack. Heat for 10-15 minutes until golden brown and just crisp. Remove from oven with oven mitt.
5. Toss coleslaw mix, yogurt, lime juice and lime peel in a small bowl.
6. Cut fish into bite size pieces.
7. In taco shell, layer cole slaw, black beans, fish and avocado.
8. Serve. Serving size is 2 tacos.