



Baja Fish Tacos

Ingredients

1 tablespoon cumin
1 tablespoon chili powder
1 tablespoon fresh lime juice
1 tablespoon fresh orange juice
1 pound firm whitefish fillets, cubed
1 tablespoon vegetable oil
1 cup chopped green cabbage
1 cup broccoli slaw
1/2 cup chopped green onions
8 (6-inch) corn tortillas
8 lime wedges
1 bunch cilantro
1 cup plain non fat yogurt

Preparation

Coat fish in lime juice and dust in spice mixture. Heat oil in a large nonstick skillet over medium-high heat. Add fish; sauté 5 minutes or until fish is opaque. Combine broccoli, cabbage, onions, lime juice, spice mixture and yogurt in a medium bowl. Warm tortillas in microwave for 30 seconds. Spoon about 1/4 cup cabbage mixture down center of each tortilla. Divide fish evenly among tortillas; fold in half. Serve with lime wedges and cilantro.

Nutritional Information

Calories 327
Calories from fat 26 %
Fat 9.4 g
Saturated fat 3.3 g
Monounsaturated fat 1.3 g
Polyunsaturated fat 2.8 g
Protein 26 g
Carbohydrate 35.8 g
Fiber 4.6 g
Cholesterol 98 mg
Iron 2.4 mg
Sodium 624 mg
Calcium 182 mg