



EATING SMART  
BEING ACTIVE

## Simple Fish Tacos

Makes: 6 servings (2 tacos per serving)

Preparation Time: 15 minutes

Cooking Time: 4 to 5 minutes

### Ingredients

- 1 tablespoon vegetable oil
- 2 tablespoons lemon juice
- 1 packet (1.25 ounces) taco seasoning
- ¾ cup sour cream
- ½ cup chopped, fresh cilantro (optional)
- Nonstick cooking spray
- 12 (6 inch) corn tortillas
- 1 pound tilapia fillets (4 fillets) frozen, thawed
- 2 cups shredded cabbage
- 2 large tomatoes, diced
- Lime wedges (optional)

### Directions

1. Wash all produce.
2. Collect, cut, and measure all ingredients before starting to prepare the recipe.
3. In a small bowl, mix oil, lemon juice, and 1 ½ teaspoons of taco seasoning. Set aside.
4. In a second small bowl, combine sour cream, cilantro (if using), and 2 tablespoons of taco seasoning mix. Set aside.
5. Spray a large skillet with cooking spray. Add tortillas to the skillet one at a time. Heat briefly on both sides over medium heat until warm and soft. Wrap in 2 layers of foil, put on a plate, and cover with another plate to keep warm.
6. Spray the skillet with cooking spray again. Place fish fillets in the skillet. Cook over medium heat for 1 ½ minutes until golden brown, flip, and cook another 1 ½ minutes until golden brown on the other side.
7. Pour the lemon juice mixture over the fish. Cook for another 1 to 2 minutes. When the fish flakes easily with a fork, it is done. Break the fish into bite-sized pieces.
8. Fill tortillas with fish, and top with a bit of the sour cream mixture.
9. Top with shredded cabbage, diced tomato, and a squeeze of fresh lime (if using).
10. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>2 Tacos (248g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 13g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	19%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 32g	12%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 21g	42%
Vitamin D 9mcg	45%
Calcium 124mg	10%
Iron 2mg	10%
Potassium 760mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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## Tacos de pescado simples

Rinde: 6 porciones (2 tacos por porción)

Tiempo de preparación: 15 minutos

Tiempo de cocción: 4 a 5 minutos

### **Ingredientes**

- 1 cucharada de aceite vegetal
- 2 cucharadas de jugo de limón
- 1 paquete (1.25 onzas) de sazónador para tacos
- ¾ taza de crema agria
- ½ taza de cilantro fresco picado (opcional)
- Antiadherente en aerosol para cocinar
- 12 tortillas (6 pulgadas) de maíz
- 1 libra de filetes de tilapia (4 filetes) congelados, (descongelar primero)
- 2 tazas de col picada
- 2 tomates grandes, cortados en cubos
- Tajadas de lima (opcional)

### **Preparación**

1. Lavar todos los productos.
2. Reunir, cortar y medir todos los ingredientes antes de comenzar a preparar la receta.
3. En un recipiente pequeño mezclar el aceite, el jugo de limón y 1 ½ cucharaditas de sazónador para tacos. Reservar.
4. En otro recipiente pequeño, combinar la crema agria, el cilantro (si va a usar) y 2 cucharadas de sazónador para tacos. Reservar.
5. Rociar una sartén grande con el antiadherente para cocinar. Agregar las tortillas a la sartén, una a la vez. Calentar brevemente de ambos lados sobre fuego mediano hasta que estén calientes y blandas. Envolver en papel de aluminio, colocar en un plato y cubrir con otro plato.
6. Volver a rociar la sartén con el antiadherente. Colocar los filetes de pescado en la sartén. Cocinar a fuego mediano durante 1 ½ minutos hasta dorar, dar vuelta y cocinar 1 ½ minutos hasta dorar del otro lado.
7. Verter la mezcla de jugo de limón sobre el pescado. Cocinar durante 1 o 2 minutos más. El pescado está listo cuando se desmenuza fácilmente con el tenedor. Cortar el pescado en trozos pequeños.
8. Rellenar las tortillas con el pescado y cubrir con un poco de la mezcla de crema agria.
9. Cubrir con la col picada, el tomate en cubos y un chorrito de lima (si va a usar).
10. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

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