

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Simple Fish Tacos



Servings: 6

### *Ingredients:*

- ½ cup sour cream (non-fat)
- ¼ cup mayonnaise (fat-free)
- ½ cup fresh cilantro (chopped)
- ½ packet taco seasoning (divided)
- 1 pound cod or white fish fillets (cut into 1 inch pieces)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups red or green cabbage (shredded)
- 2 cups tomato (diced)
- 12 corn tortillas (6-inch, warmed)



### *Directions:*

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp taco seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining taco seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, and taco sauce (if desired).

**Nutrition Facts:** Each serving provides 230 Calories, 5g Total Fat, 1g Saturated Fat, 350mg Sodium, 32g Total Carbohydrate, 5g Dietary Fiber, 18g Protein

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