FREE SAMPLE RECIPE · HAWKINC KITCHEN



Crispy Fish Tacos with Lime Slaw

Cornmeal-crusted white fish in corn tortillas with a tangy chili-lime slaw. 23 g protein.

Makes 5 servings | Serving: 2 tacos | About $2.52 per serving | 15 min + 10 min | 23 g protein

Ingredients

- Coleslaw:
- 1/2 cup light ranch dressing
- 2 tablespoons lime juice
- 1 teaspoon chili powder
- 1 bag (14 ounces) coleslaw
- Fish:
- 1 pound white fish (cod, swai, tilapia)
- 2 tablespoons oil (canola or vegetable)
- 1/4 cup cornmeal
- 1/2 teaspoon ground black pepper
- 10 6 inch corn tortillas
- 1 medium tomato, chopped (about 1 cup)

Nutrition Facts

Per serving (2 tacos)

Calories	**360**
Total Fat	12 g
Saturated Fat	1.5 g
Sodium	360 mg
Total Carbohydrate	39 g
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars	1 g
Protein	23 g
Calcium	138 mg
Iron	2 mg
Potassium	579 mg

Method

1. Stir the ranch, lime juice and chili powder into the coleslaw and chill.
2. Cut the fish into 10 strips.
3. Heat the oil in a nonstick skillet. Mix the cornmeal and pepper and coat the fish on all sides.
4. Fry about 2 minutes per side, until golden, and drain on paper towels.
5. Warm the tortillas and top each with a fish strip, slaw and tomato.

Swaps: Add jalapeños, salsa or hot sauce. Leftover slaw makes a great side.

Storage: Best fresh; refrigerate slaw up to 3 days.

Why it's good for you

- White fish is a lean protein.[1]
- Cabbage adds vitamin C.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fish, https://nutritionsource.hsph.harvard.edu/fish/ [2] NIH Office of Dietary Supplements: Vitamin C fact sheet, https://ods.od.nih.gov/factsheets/VitaminC-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/fish-tacos-2/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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