

Baja Fish Tacos

Ingredients

- 3/4 cup cabbage, chopped
- 2 tbsp cup onion, chopped
- 3/4 tsp lime juice
- 1/8 tsp kosher salt
- 1/4 cup plain nonfat greek yogurt
- 1/8 tsp cumin
- 1/8 tsp kosher salt
- 1/3 cup coriander (cilantro) leaves
- 1/2 lb fried frozen fish nuggets
- 4 corn tortilla



Directions

1. In a bowl, combine shredded cabbage, diced onion, lime juice, and salt. Mix together and set aside.
2. In another bowl, mix together yogurt, cumin, salt, and minced cilantro. Set aside.
3. Cook the fish nuggets per package instructions (make sure that the internal temperature is at 165°F) and hold above 140°F until ready to serve.
4. Steam or bake the tortillas to warm (best to use foil wrap).
5. To serve, place tortillas on plate and spread 1/4 cup cabbage mixture down the center. Top with 2 fish nuggets and 1 tbsp of yogurt sauce.

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 168 calories,
4.78 g fat, 1.19 g saturated fat,
376 mg sodium, 19.98 g
carbohydrate, 2.8 g fiber, 1 g
sugar, 11.64 g protein