

Simple Fish Tacos

Budget-friendly recipe

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Ready in: 25 mins.

Make your own restaurant-style fish tacos at home for a light and healthy dinner.



Ingredients

1 pound White fish fillets *Cod fish fillets cut into 1-inch pieces*

1 tablespoon Olive oil

2 tablespoons Lemon juice

½ Package taco seasoning

12 (6-inch) corn tortillas *warmed*

1 cup Red cabbage *shredded*

1 cup Green cabbage *shredded*

2 cups Tomatoes *chopped*

½ cup Nonfat sour cream

Taco sauce *to taste*

Lime wedges *for serving, optional*

What You'll Need

Measuring spoon

Cheese grater

Cutting board

Sharp knife

Medium bowl

Large skillet

Large spoon

Directions

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired

Chef Tips

Cut this recipe in half to save money.

For more tips to save money while shopping, [click here](http://eatfresh.org/healthy-lifestyle/shopping-budgeting).

Nutrition Info and more

Serving size: 2 tacos

Total calories: 239 Total fat: 5 g Saturated fat: 1 g Carbohydrates: 32 g Protein: 19 g Fiber: 4 g
Sodium: 247 mg