

# 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\(http://eatfresh.org/healthy-lifestyle/shopping-budgeting\)](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