

Tilapia Tacos

Ingredients

1/2 pound frozen tilapia filets
1 medium lime, halved
1/2 clove garlic, minced
Dash of cumin
Dash of smoked paprika
1 tablespoon of vegetable oil

Kosher salt and pepper for taste
2 tablespoon chopped cilantro
4 corn tortillas
Optional toppings: Pico de gallo,
coleslaw, chopped onions or toma-
toes, fresh cilantro

Directions

1. Lay fish into an 8x8 baking dish, squeeze half a lime over the fish.
2. Add cumin, garlic, smoked paprika, and 1/2 tablespoon of oil to fish. Season with salt and pepper to taste, and evenly coat each fish with oil and seasonings.
4. Cook fish in skillet on medium heat for about 3 minutes on each side, until

- fish are white and opaque on the bottom.
5. Place tortillas in a slightly damp paper towel in the microwave, and heat for 30 seconds.
6. Cut fish into pieces, place on warm tortilla and top with additional lime juice and other toppings as desired.



Makes 4 servings

*Nutrition information per serving
(2 tablespoons):*

*92 calories, 4g fat, 3g protein
12g carbohydrates, 128mg sodium*