

Fast Fish Tacos

Makes 12 tacos | Grains • Protein • Vegetables

Ingredients

- ½ cup low-fat plain yogurt or sour cream
- ¼ cup light mayonnaise
- ½ cup cilantro (chopped)
- 3 teaspoons taco seasoning
- 1 pound frozen fish nuggets or sticks
- 1 Tablespoon canola oil
- 2 Tablespoons lemon juice
- 12 corn or small flour tortillas
- 2 cups cabbage (shredded)
- 1 cup tomatoes (diced)
- Lime wedges (optional)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine yogurt, mayonnaise, cilantro, and 2 teaspoons of taco seasoning in a small bowl. Set in the refrigerator.
3. Mix oil, lemon juice, and 1 teaspoon of taco seasoning in another bowl. Drizzle over fish nuggets and bake according to package instructions.
4. Warm tortillas for 20-30 seconds in the microwave, if desired.
5. Fill tortillas with fish nuggets. Top with cabbage, tomatoes, a squeeze of lime, and yogurt sauce from refrigerator.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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