

# FISH TACOS

## Ingredients:



### Makes 4 servings (2 tacos each)

- 1 1/2 pound meaty white fish that grills well
- 4 tablespoons Chipotle Ranch dressing or other spicy dressing
- 2 cups shredded red or green cabbage, or a mix
- 8 soft corn tortillas, warmed
- 1/2 cup salsa

## Method:

Prepare a grill for high-heat cooking. Brush fish with 2 tablespoons of the dressing. Grill, turning once, until fish is browned and opaque in the center, about 6 minutes. Place on a cutting board; cut off and discard skin. Cut flesh into small cubes.

Toss cabbage with remaining 2 tablespoons dressing. Spoon fish into tortillas and top with cabbage and salsa.

## Nutritional value:

Per Serving: 2 Tacos  
410 calories (170 from fat)  
19g total fat, 3g saturated fat  
115mg cholesterol  
400mg sodium  
23g carbohydrate (3g dietary fiber, 3g sugar)  
36g protein

### TIP:

**Add diced avocado, a squeeze of lime or chopped cilantro for added flavor. Be creative and add your favorite sides to the mix!**

*From the office of Laura Hartung RD*