

Daniela Lima, NDTR, RDN, LD

http://www.goodhealthorganizing.com



Tilapia Fish Tacos (2servings)

2 servings 15 minutes

Ingredients

2 tsps Extra Virgin Olive Oil	
2 Tilapia Fillet	
2 tsps Taco Seasoning	
1/4 cup Guacamole	
6 Corn Tortilla	
1 cup Green Cabbage (finely sliced)	
1/4 cup Cilantro	
3 tbsps Cilantro Lime Dressing	

Nutrition

Calories564Carbs50gFiber7gSugar2gProtein28gCholesterol58mgSodium585mgVitamin A179lUVitamin C20mgCalcium344mgIron3mgVitamin D144lU	Amount per serving	
Fiber7gSugar2gProtein28gCholesterol58mgSodium585mgVitamin A179IUVitamin C20mgCalcium344mgIron3mg	Calories	564
Sugar2gProtein28gCholesterol58mgSodium585mgVitamin A179IUVitamin C20mgCalcium344mgIron3mg	Carbs	50g
Protein28gCholesterol58mgSodium585mgVitamin A1791UVitamin C20mgCalcium344mgIron3mg	Fiber	7g
Cholesterol58mgSodium585mgVitamin A179IUVitamin C20mgCalcium344mgIron3mg	Sugar	2g
Sodium585mgVitamin A179IUVitamin C20mgCalcium344mgIron3mg	Protein	28g
Vitamin A 179IU Vitamin C 20mg Calcium 344mg Iron 3mg	Cholesterol	58mg
Vitamin C 20mg Calcium 344mg Iron 3mg	Sodium	585mg
Calcium 344mg Iron 3mg	Vitamin A	179IU
Iron 3mg	Vitamin C	20mg
•	Calcium	344mg
Vitamin D 144IU	Iron	3mg
	Vitamin D	144IU

Directions

1

2

- Heat the oil in a pan over medium heat. Season the fish fillet all over with taco seasoning.
- Cook the fish for three to four minutes per side or until golden brown and cooked through.
- 3 Spread the guacamole on the tortillas and top with cabbage and cilantro.
- 4 Divide the tilapia between the tacos. Top each taco with dressing and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Assemble the tacos just before enjoying.

Serving Size: One serving is equal to three tacos.

More Flavor: Add lime juice, salsa, and red onion.

Fillet Size: One tilapia fillet is equal to 116 grams or 4.1 ounces.