



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

Amount per serving	
Calories	564
Carbs	50g
Fiber	7g
Sugar	2g
Protein	28g
Cholesterol	58mg
Sodium	585mg
Vitamin A	179IU
Vitamin C	20mg
Calcium	344mg
Iron	3mg
Vitamin D	144IU

Directions

- 1 Heat the oil in a pan over medium heat. Season the fish fillet all over with taco seasoning.
- 2 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.