

# SWEET LIME FISH TACOS

## Ingredients:

### Pico de Gallo

- 1 medium tomato, chopped
- 1 small red onion, finely diced
- 1 medium jalapeño, seeded & chopped
- 1 tsp dried cilantro
- 1/2 tsp garlic powder
- 1/2 tsp pepper
- 1 lime, juiced

### Tacos

- 1 lime, juiced
- 2 Tbsp olive oil, divided
- 1 1/2 Tbsp honey
- 1 tsp pepper, divided
- 1/4 tsp garlic powder
- 4 (4 oz) tilapia fillets
- 1/2 cup whole-wheat flour
- 4 corn tortillas
- 2 cups shredded lettuce

## Preparation:

1. To make Pico de Gallo, mix all ingredients in a bowl. Cover & refrigerate.
2. In a small bowl, mix juice, 1 Tbsp oil, honey, 1/2 tsp pepper & garlic powder. Place fish in mixture & coat to marinade.
3. When ready to cook, mix flour & remaining pepper on a plate. Remove fish from marinade & lightly coat with flour on both sides.
4. In a medium skillet, heat remaining oil over medium-high. Add fish & cook 3-4 minutes per side, or until fish flakes with a fork.
5. Place fish in tortillas & top with lettuce, Pico de Gallo & lime juice.

25 Min | Serves 4

Nutrition Facts	
4 servings per recipe	
<b>Serving size</b>	(268g)
<b>Amount per serving</b>	<b>320</b> Calories
% Daily Value*	
<b>Total Fat</b> 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 35g	13%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 6g Added Sugars	12%
<b>Protein</b> 27g	
Vitamin D 4mcg	20%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 659mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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