FISH TACOS

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SERVES: 5 / SERVINGS SIZE 2 TACOS

INGREDIENTS:
½ cup light ranch dressing
2 tablespoons lime juice
1 teaspoon chili powder
¼ teaspoon pepper
1 jalapeño pepper, seeded and chopped fine (optional)
4 cups coleslaw mix or broccoli slaw
10 6-inch corn tortillas
3 tablespoons vegetable or canola oil
1 pound firm white fish 9
(tilapia, swai, domestic mahi-mahi, or halibut),
cut in 1 inch pieces or in 10 strips
1 tomato, chopped (optional)

Nutrition Facts:
Serving Size 2 tacos
Amount per serving
Calories 397 **Calories from fat** 161

	% Daily Value
Total Fat 17.8g	27%
Saturated Fat 2.2g	11%
Trans Fat 0.0g	0%
Cholesterol 58.4 mg	19%
Sodium 334.2mg	14%
Total Carbohydrates 33.3g	11%
Dietary Fiber 5.6g	22%
Sugars 4.2g	%
Protein 28.3g	%
Vitamin A 9%	Calcium 9%
Vitamin C 45%	Iron 10%

DIRECTIONS:

1. **Stir together the dressing, lime juice, chili powder, pepper, and jalapeño (if desired). Pour over coleslaw mix and mix well. Cover and place in refrigerator until serving time.**
2. **Warm corn tortillas according to package directions.**
3. **Heat oil in a small non-stick skillet over medium heat until hot, but not smoking. While the oil heats, spread the cornmeal on a plate. Pat fish pieces in the cornmeal to coat on all sides. Fry the fish in hot oil until the cornmeal is lightly browned, 1 to 2 minutes per side. Remove and drain on paper towels.**
4. **Top each tortilla with some of the fish and some of the coleslaw mix. Fold in half and sever with the chopped tomato, if desired.**

Cooking Tips:

- **The jalapeño peppers intensifies the flavor, but remember to wear gloves when handling it and do not touch your eyes or face because it will sting. If desired, use hot pepper sauce or cayenne pepper instead.**

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