

Ingredients

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| 12 oz whitefish such as cod or tilapia | 2 Tbsp cilantro, minced |
| salt and pepper to taste | 2 red peppers, diced |
| 1/1/2 cups Napa cabbage | 1 zest and juice of one lime |
| 1 tsp cumin | 4 wheat tortillas (8 inch, lightly grilled or toasted) |
| 2 tsp paprika | |
| 1/2 tsp chili powder | |
| 1/4 cup small yellow onion, diced | |

Instructions

Season fish with salt and pepper. Bake fish at 375 degrees for 20 minutes until internal temperature reaches 145 degrees. Place remaining ingredients except tortillas in a mixing bowl and toss to combine. Flake and place fish on tortillas. Top with cabbage mixture.

Nutrition Information Per Serving

Serves 4

Calories: 197

Fat: 5 gm

Sodium: 439 mg

Fiber: 3.5 gm

Carbohydrates: 19 gm

Protein: 19.5 gm

Cholesterol: 48 gm