

Grilled Fish Tacos with Mango Slaw

Portions: 6



Ingredients

- 🍷 ¾ cups shredded Cabbage
- 🍷 1/3 cup Lime Juice
- 🍷 15 ounces Tilapia
- 🍷 1/8 teaspoon Black Pepper, ground
- 🍷 12 each 6" Flour Tortillas (warmed)
- 🍷 1/3 cup Red Onions, julienne
- 🍷 ¾ cups diced Mangoes
- 🍷 ¼ cup chopped fresh Cilantro Leaves
- 🍷 1/3 cup low-calorie Mayonnaise

Instructions

1. For cilantro lime mayonnaise, combine 1/3 cup low-calorie mayonnaise and ½ teaspoon chopped cilantro in a bowl. Mix well. Keep refrigerated until ready to use.
2. Toss ¾ cup cabbage with 1/3 cup lime juice. Keep refrigerated until ready to use.
3. Cut tilapia fillets into 2 ounce strips. Spray tilapia with vegetable oil spray. Sprinkle with pepper. On a grill or grill pan, sear fish until marked on both sides and cooked through. Cook for 2 to 3 minutes per side or until internal temperature reaches 145°F for 15 seconds.

For Taco Build

4. In the middle of each tortilla, place 1 tablespoon cabbage, 1 piece of grilled tilapia, ½ tablespoon onions, 1 tablespoon diced mango and 1 teaspoon cilantro. Drizzle ½ tablespoon cilantro lime mayonnaise over filling.
5. Serve 2 tacos per serving.

NUTRITION FACTS: 2 Tacos

CALORIES	CARBS	PROTEIN	FAT	SAT. FAT	SODIUM	FIBER
310	41g	17g	9g	3g	600g	3g

You Can Cook Healthy at Home

It's very easy – and best of all, you don't need to invest in new kitchen appliances and fancy gadgets! Here are a few techniques you can use to make delicious food that tastes great.

bake it

Place your item in a pan or dish. Put a rack inside your pan so any fat can drip off. You can spray lightly with olive oil. Make sure it is fully baked by checking the internal temperature.

braise it

Heat your pan with a small amount of oil. Sear the item on all sides, and then add a small amount of liquid (broth or water) to continue cooking it to the proper temperature.

broil it

Preheat your broiler and lightly coat the cooking rack with vegetable spray. Place your food on the rack and carefully monitor cooking, as foods burn quickly. Turn the food once during broiling.

grill it

Hit the great outdoors. Preheat your grill and grill rack. You may need to brush on vegetable oil if you aren't cooking meat that's been marinated. Place items on grill and flip them half way through the desired cooking time. Apply any wet sauces or bastes in the final minutes of cooking.

roast it

Season and marinate the main item. You can sear it over high heat if desired. Elevate it in a roasting pan so that hot air can reach all sides. Roast until the item reaches the desired internal temperature. Let the item rest before carving.

sauté it

An easy way to cook small or thin food. If you use a pan with a non – stick surface, you won't need to add any oil.

steam it

A great way to cook vegetables! Place vegetables in a basket over boiling water. They will retain their flavor and eliminate the need for salt.

stir fry it

Use a wok to quickly cook protein and veggies over high heat. Add a little oil to your wok and heat it up. Add your protein and the veggies.

