



Baja Fish Tacos – *Modified*



Prep time 10 minutes, Cook time 20 minutes.

All YOU NEED

- ½ cup fat-free sour cream or Greek yogurt
- ½ cup of light mayonnaise
- ¼ cup of chopped fresh cilantro
- 1 oz package of **Ortega® 40% Reduced Sodium Taco Seasoning Mix**, divided
- 1 pound **tilapia** or other firm white fish cut into 1 inch chunks (*cod, haddock, halibut, Mahi Mahi*)
- 2 Tbs. of olive oil
- 2 T Tbs. of lemon juice (*from fresh lemon or bottle*)
- 1 package **Whole Grain Corn Ortega® taco shells** or **Whole wheat small soft tortillas**

Suggested toppings: shredded cabbage or romaine lettuce, chopped tomatoes, lime juice, **Ortega® Thick & Smooth Taco Sauce**. *You may want to try avocado, mango, onions, cilantro, corn, or salsa.*

All YOU DO (*This recipe can be cooked on a skillet or baked in the oven*)

Skillet Cooking Directions

1. Combine sour cream, mayonnaise, cilantro and 1 tablespoon + 1 teaspoon seasoning mix in small bowl.
2. Combine **tilapia**, olive oil, lemon juice and remaining seasoning mix in medium bowl; pour into large skillet. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with fork.
3. Fill taco shells with fish mixture. Top with cabbage, tomato and sour cream mixture, and lime juice and/or taco sauce.

Also try substituting this recipe with **SHIMP** to make “**Shrimp Tacos**”



Your dietitian has modified this recipe from the original recipe to reduce calories, total fat, saturated fat and enhance overall nutritional value of the dish. Fat-Free sour cream or Greek yogurt, light mayonnaise, olive oil, reduced-sodium taco seasoning and whole grain shells/chips were substituted for their original ingredients. [The original recipe can be found at allrecipies.com](http://allrecipies.com)

For questions, contact Meredith Tibbe, registered dietitian, 309-342-1615 or mtibbe@hy-vee.com