

# Fish Tacos

8 Servings • 1 Serving = 2 Tacos



## INGREDIENTS

- Juice from 1 lime
- 1 teaspoon salt
- 1 Tablespoon ancho chile powder
- ¼ cup extra virgin olive oil
- 1 pound of white fish fillets such as tilapia
- 10 mini corn tortillas
- 1 bunch of cilantro, chopped

## DIRECTIONS

1. In a bowl, whisk together the lime juice, salt, and chile powder. Slowly pour the olive oil in while whisking.
2. Heat a saucepan to medium heat.
3. Cut fish fillets into bite sized pieces. Add the fish to the bowl of marinade and toss gently.
4. Place the pieces of marinated fish into the saucepan once the pan is hot. Flip fish halfway through cooking, after about 6 minutes.
5. Cook for approximately 12 minutes or until the fish reaches an internal temperature of 155°F
6. Warm corn tortillas.
7. Divide fish among tacos and garnish with cilantro.

## Nutrition Facts

5 servings per container  
**Serving size** 2 tacos

**Amount per serving**  
**Calories** **340**

	% Daily Value*
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 3mcg	<b>15%</b>
Calcium 16mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 372mg	<b>8%</b>

\*The % Daily Value 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.

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