

FISH TACOS

INGREDIENTS

4 servings	8 servings	12 servings	
1.5 t.	3 t.	4.5 t.	paprika
1 t.	2 t.	3 t.	oregano
.75 t.	1.5 t.	2.25 t.	garlic salt
.5 t.	1 t.	1.5 t.	ground cumin
.25 t.	.5 t.	.75 t.	ground cayenne pepper
1 T.	2 T.	3 T.	canola oil
4	8	12	(4-6 oz/filet) tilapia filets
4	8	12	whole wheat tortillas

Optional: lettuce, cabbage, tomatoes, salsa, black beans, cheese

INSTRUCTIONS

Combine first five ingredients in a small bowl. Heat the oil in a large skillet. Place the tilapia filets in the skillet and sprinkle the seasoning mixture evenly over the fish. Cook for 2-3 minutes on each side. Place fish and any optional ingredients in a tortilla and serve.



Nutrition per Serving

Kcal: 298

Protein: 32 grams

Carbohydrate: 20 grams

Fat: 10 grams

*not including optional ingredients