

Cilantro Lime Fish Tacos



Prep:

5 mins

Total:

15 mins

Makes:

4 servings

Utensil:

10" Deep Skillet with Utility Rack - Limited Edition Complete
Gourmet Collection
Saladmaster Food Processor

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Recipe:

Contributed By:

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Recipe Description:

Who doesn't like a good taco? How about a healthier version by using fish as an alternative filler? That's right! Top with your favorite toppings and make this your go-to dinner during those busy nights when time isn't on your side. Ready to enjoy from start to finish in just 15 mins!

1 lb
fish fillets (flounder, tilapia etc.) rinse and pat dried
1 onion, processed, use Cone #2
4 garlic cloves, minced
2 jalapeno peppers, chopped
2 cups
diced tomatoes
¼ cup
fresh cilantro, chopped
2 limes, juiced
8 corn tortillas, white or yellow
1 avocado, sliced
1 cup
cabbage, shredded, use Cone #3

Garnish

Lime cilantro salsa **Directions:**
wedges

1. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, approximately 7 - 9 minutes, add the onion and garlic, jalapeno, cilantro,

- tomatoes and lime juice.
2. Insert Utility Rack over the vegetables.
 3. Season fish fillet with salt and pepper, add to the Utility Rack and cover.
 4. Cook for approximately 7-10 mins until fish begins to flake.
 5. Remove fish and add to the skillet. Mix well to combine the flavors with the fish.
 6. Heat tortillas on a griddle.
 7. Fill tortillas with fish mixture and top with cabbage, avocado, cilantro and a squeeze of lime. (salsa if desired)
 8. Serve warm with a side of spanish rice.

Nutritional Information per

▼ Serving

Calories: 310
Total Fat: 8g
Saturated Fat: 2g
Cholesterol: 48mg
Sodium: 90mg
Total 36g
Carbs:
Dietary Fiber: 7g
Sugar: 3g
Protein: 28g