



Chipotle Lime Fish Tacos

Ingredients:

- 4 flaky fish filets like tilapia or cod
- 1 tablespoon lime juice
- 1 teaspoon chili powder
- 8 corn tortillas or 4 whole wheat tortillas

Toppings:

Chipotle Cream:

- ½ cup of non-fat Greek or regular plain yogurt
- 2 teaspoons chipotle peppers in adobo (sauce only) or ¼ teaspoon chili powder
- 2 teaspoons lime juice

- ½ cup of shredded lettuce or cabbage
- 2 tomatoes
- 1 avocado
- 2 tablespoons cilantro, chopped

Instructions:

1. Sprinkle raw fish filets with lime juice and chili powder.
2. Cook filets in a sauté pan over medium heat until they flake easily (2-3 minutes per side).
3. While the fish is cooking, combine yogurt, chipotle in adobo sauce and lime juice in a small bowl until well-combined.
4. Chop tomatoes and avocados into ¼" cubes.
5. Once fish is fully cooked, prepare the tacos: heat tortillas for 5-10 seconds in the microwave to make them more flexible. Layer ½ fish filet on 1 corn tortilla or 1 whole filet on a whole wheat tortilla, top with chipotle cream, lettuce, tomatoes, avocado, and cilantro and enjoy!

Variations:

- Instead of fish filets, try shrimp, chicken, or tofu.
- Don't have the ingredients for chipotle cream? Top the fish with your favorite salsa instead.

*Nutrition facts include all toppings and were calculated using corn tortillas.

***Nutrition Facts:** 340 Calories, 12 g Fat, 2 g Saturated Fat, 31 g Carbohydrates, 29 g Protein, 6 g Fiber, 2 g Sugar, 580 mg Sodium.

Prep Time: 30 minutes

Cooking Time: 10 minutes

Equipment:

- sauté pan
- knife
- cutting board
- measuring cups and spoons
- small bowl
- spoon

Servings: 4 servings

Serving Size: 2 corn tortilla tacos
or 1 whole wheat tortilla taco



Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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