

Fish Tacos with Lime-Cilantro Crema

Ingredients

Crema:

- ¼ cup thinly sliced green onions
- ¼ cup chopped fresh cilantro
- 3 tablespoons fat-free mayonnaise
- 3 tablespoons reduced-fat sour cream
- 1 teaspoon grated lime rind
- 1½ teaspoons fresh lime juice
- ¼ teaspoon salt
- 1 garlic clove, minced

Tacos:

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon smoked paprika
- ¼ teaspoon ground red pepper
- ⅛ teaspoon salt
- ⅛ teaspoon garlic powder
- 1½ pounds red snapper fillets
- Cooking spray
- 8 (6-inch) corn tortillas
- 2 cups shredded cabbage

Directions:

- Preheat oven to 425°.
- To prepare crema, combine the first 8 ingredients in a small bowl; set aside.
- To prepare tacos, combine cumin and next 5 ingredients (through garlic powder) in a small bowl; sprinkle spice mixture evenly over both sides of fish. Place fish on a baking sheet coated with cooking spray. Bake at 425° for 9 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Place fish in a bowl; break into pieces with a fork. Heat tortillas according to package directions. Divide fish evenly among tortillas; top each with ¼ cup cabbage and 1 tablespoon crema.

Yield: 4 servings (two taco per serving)

Nutritional Information: Calories 394 (14% from fat); Fat 6.3g (sat 1.5g, mono 1.5g, poly 1.5g); Iron 3.5mg; Cholesterol 70mg; Calcium 233mg; Carbohydrate 40.1g; Sodium 857mg; Protein 40.3g; FIBER 5.5g

Recipe Source: Cooking Light, December 2006

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.