



## Grilled Fish Tacos with Cauliflower Tortillas

**Prep: 40 minutes**

**Grill: 6 minutes • Serves: 4**

- 2 cups small cauliflower florets
- 1 large egg white
- 1 cup shredded Mexican blend cheese
- 1 teaspoon smoked paprika
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground cumin
- 1¼ pounds tilapia fillets, cut lengthwise in half then crosswise in half
- Nonstick cooking spray
- 1 large avocado, diced
- ½ ripe mango, peeled and diced
- 1 cup quartered cherry tomatoes
- ¼ cup sliced green onions

**1.** Preheat oven to 400°. Line 2 rimmed baking pans with parchment paper. In food processor with knife blade attached, process cauliflower until it resembles small crumbs; add egg white and cheese and pulse until combined. Scoop cauliflower mixture into 8 balls (about 3 tablespoons each) onto prepared pans; press each ball into 6-inch-wide circle. Bake 20 minutes or until golden brown.

**2.** Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, combine paprika, salt, pepper and cumin; spray both sides of tilapia with nonstick cooking spray and sprinkle with paprika mixture. Place tilapia on hot grill rack; cook 6 minutes or until internal temperature reaches 145°, turning once halfway through cooking.

**3.** Fill cauliflower tortillas with tilapia, avocado, mango, tomatoes and onions.

*Approximate nutritional values per serving:*

*434 Calories, 21g Fat (8g Saturated), 107mg Cholesterol, 449mg Sodium, 18g Carbohydrates, 7g Fiber, 10g Sugars, 0g Added Sugars, 48g Protein*

### Dietitian's Dish

> If you're looking to lower the calories and carbs in your Taco Tuesday menu, make your own tortilla or taco shells using cauliflower or zucchini. It's a nutrient-filled alternative to flour or corn tortillas.