



Honey-Lime Fish Tacos with Coconut-Mango Slaw

Prep: 20 minutes

Cook: 15 minutes • Serves: 4

- 3 tablespoons fresh lime juice
- 3 tablespoons honey
- 1 tablespoon ground cumin
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground red pepper
- $1\frac{1}{2}$ pounds tilapia or cod fillets, cut into 1 x 3-inch pieces
- 2 medium tomatoes, seeded and chopped
- 2 ripe mangos, peeled, pitted and cut into $\frac{1}{2}$ -inch pieces
- 2 cups coleslaw
- $\frac{1}{2}$ cup sweetened flaked coconut
- $\frac{1}{4}$ cup coarsely chopped fresh cilantro leaves
- 3 tablespoons coconut oil
- 8 (6-inch) flour tortillas
- Hot sauce or salsa, and lime wedges for serving (optional)

1. In small bowl, whisk together lime juice, honey, cumin, salt and red pepper. Place fish in large zip-top plastic bag; pour honey mixture over fish. Seal bag, pressing out excess air; let stand 15 minutes gently kneading bag once or twice to mix.

2. Meanwhile, in large bowl, toss tomatoes, mangos, coleslaw, coconut and cilantro.

3. Remove fish from marinade; reserve marinade. In large skillet, heat $1\frac{1}{2}$ tablespoons oil over medium heat. Add half the fish and cook 6 to 7 minutes or until fish turns opaque throughout and internal temperature reaches 145° , turning once halfway through cooking. With slotted spoon, transfer fish to plate; keep warm. Repeat with remaining oil and fish.

4. In same skillet, heat reserved marinade to boiling over medium heat; cook 1 minute or until temperature reaches 165° ; cool slightly. Add marinade to coleslaw mixture; toss to combine.

5. On microwave-safe plate, stack tortillas between 2 damp paper towels; heat in microwave oven on high 35 to 45 seconds or until warm. Fill tortillas with fish and slaw; serve with hot sauce and lime wedges, if desired.

*Approximate nutritional values per serving:
703 Calories, 23g Fat (17g Saturated),
68mg Cholesterol, 1191mg Sodium,
94g Carbohydrates, 9g Fiber, 38g Protein*

Dietitian's Dish

> Skip the tortillas to save almost 200 calories per serving. Try a lettuce leaf to wrap up these tasty taco ingredients instead!