



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 angel hair 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 tip:

- > Use broccoli slaw mix, found in the produce department, as an alternative to traditional coleslaw. The broccoli slaw mix is derived from shredded broccoli stalks with red cabbage and shredded carrots traditionally mixed in.