FISH TACOS WITH HERBED CREMA

Here's a sweet and savory muffin we think you'll love! Loaded with lots of veggies (but hardly noticeable), low fat, great for breakfast or as a healthy snack, and a great post workout carb to help replenish your muscles

Ingredients:



• 2 containers (5.3 oz each) YQ by Yoplait™ Plain (1 1/3 cups)
• 1/4 cup fresh cilantro leaves, chopped
• 2 cloves garlic, finely chopped
• 1/2 tsp sea salt
• 2T fresh lime juice
• 3 cups green cabbage, shredded

Fish

• 4 (4 oz) skinless white fish fillets (halibut or mahi mahi), about 3/4-inch thick
• 1T olive oil
• 1/2 tsp sea salt
• 1/2 tsp freshly ground black pepper
• 1/4 tsp ground cayenne pepper

For Serving

• 8 (6-inch) corn tortillas, heated
• 1/2 cup thinly sliced radishes
• 1 lime, cut into wedges

Directions:

• In medium bowl, mix yogurt, cilantro, garlic, 1/2 teaspoon salt and lime juice. In another medium bowl, mix cabbage and 1/2 cup of the yogurt mixture. Refrigerate remaining yogurt mixture.
• Place oven rack 4 inches from broiler. Set oven control to broil. Brush both sides of fish with olive oil. Sprinkle both sides with salt, black pepper and red pepper. Place on ungreased cookie sheet. Broil 7 to 10 minutes, turning once, until fish flakes easily with fork. Cool slightly, then flake fish into bite-sized pieces.
• Divide cabbage mixture evenly among tortillas. Top with fish. Spoon 2 tablespoons remaining yogurt mixture over fish on each taco. Top with radishes; serve with fresh lime. Makes 8 servings.

NUTRITION PER SERVING:

Calories 160, Fat 4g, Sat Fat 1g, Chol 30mg , Sodium 360mg, Carbs 15g, Dietary Fiber 2g, Protein 16g

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