



**Heart & Home**  
*Wellness Table Series*



**Ronald McDonald  
House Charities®**  
Central Ohio

Supported by

**JPMorganChase**

# Street-Style Fish Tacos

Flaky white fish seasoned and topped with a cool, tangy slaw will take your taco night to the next level.

Serving Size: 2 tacos | Servings: 6 | Total Time: 30 minutes



## NUTRITION NOTES

- Mild and flaky, **white fish fillets** provide lean protein that supports muscle health while keeping the meal light.
- Smooth and heart-healthy, **olive or vegetable oil** helps cook the fish while supplying beneficial fats.
- Bright and refreshing, fresh **lemon juice** adds natural citrus flavor and vitamin C for immune support.
- Bold and savory, reduced-sodium **taco seasoning** brings big flavor with less salt.
- Juicy and antioxidant-rich, **no-salt-added diced tomatoes** deliver lycopene to support heart health.

# Street-Style Fish Tacos

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## INGREDIENTS

- 1 pound (fresh or frozen) white fish fillets (tilapia, cod, perch, etc.)
- 1 tablespoon olive oil OR vegetable oil
- 2 tablespoons lemon juice (about 1 lemon)
- 1/2 packet reduced sodium taco seasoning
- 114.5 ounce can no salt added diced tomatoes OR 1 large tomato, diced
- 12 corn tortillas, warmed
- 1 cup red cabbage, shredded and 1 cup green cabbage, shredded
- 1/2 greek yogurt or low-fat sour cream
- 2 Tablespoons white vinegar
- 1 Tablespoon coriander

**Nutrition Profile:** Gluten-Free | Kid Approved | Main Dishes | Quick & Easy | No Added Sugars | High in Fiber | WIC Friendly  
Egg-Free | Nut-Free

## NUTRITION FACTS *(per serving)*

Serving Size: 2 tacos | Servings Per Recipe: 6 | Calories: 280

- 8g Total Fat
- 540mg Sodium
- 28g Total Carbs
- 26g Protein

\*Greek yogurt is a lower-fat alternative to mayo or sour cream. Highlight using white fish as a lean protein source that is good for your heart.

## INSTRUCTIONS

1. Remove fish from package. Pat with paper towel to remove excess moisture.
2. Using a fork, whisk together oil, lemon juice, lime juice, vinegar, coriander, and taco seasoning mix in a medium bowl until well-blended. Add fish and stir gently to evenly coat fish in mixture. Pour into a large frying pan.
3. Evenly cook over medium-high heat for 4-5 minutes, or until fish flakes easily when tested with a fork. Remove from heat. Using a fork, flake fish into small pieces.
4. Fill tortillas with fish mixture. Drain canned tomatoes.

*\*Nutrition information provided directly by Celebrate Your Plate and reflects values listed at the time of publication. Recipe sourced from: [celebrateyourplate.org](https://celebrateyourplate.org)*