

FISH TACOS WITH GUACAMOLE

Preparation: 25 mins. | Cooking: 10 mins. | Servings: 4

INGREDIENTS

2 cups angel hair

coleslaw mix

1 1/2 teaspoons

canola oil

1 1/1 teaspoons

lime juice

Guacamole

1 ripe avocado,

peeled and

quartered

2 tablespoons fat-free sour cream

1 tablespoon finely

chopped onion

1 tablespoon minced

fresh cilantro

Salt and pepper

Tacos

8 (6-inch) corn

tortillas, warmed

1 pound tilapia

fillets, cut into

1-inch pieces

2 teaspoons

canola oil

Salt and pepper

Optional toppings:

hot pepper sauce,

chopped tomatoes,

green onions,

jalapeno



INSTRUCTIONS

In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving. In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper. Sprinkle tilapia with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add tilapia; cook until fish begins to flake easily with a fork, 3-4 minutes on each side. Serve in tortillas with coleslaw, guacamole and desired toppings.