

Crispy Fish Tacos

Ingredients

1lb White firm fish (Mahi, grouper, snapper)

½. cup Cornmeal

½ tbsp. Chili powder

1 tsp. Cumin

½ tsp. Salt

¼ tsp. Pepper, ground black

1 tbsp. Avocado oil

8 each Corn tortillas

Method

- Pat the fish dry with a paper towel; cut the fish crosswise into 1-inch-wide strips.
- On a plate or shallow bowl, season the cornmeal with chili powder, cumin, salt and pepper and spread in an even layer.
- Gently press the fish in the cornmeal, coating all sides.
- Preheat sauté pan to medium-high heat.
- Add avocado oil, allow to warm about 10 seconds.
- Add the fish and cook, turning once, until the crust is golden brown and the fish is cooked through, 2-4 minutes per side.
- While the fish is cooking warm the tortillas. Place tortillas on a plate, cover with a damp paper towel and microwave for 45 seconds.
- Once all of the fish is cooked, build your dream tacos!

NUTRITION INFORMATION

Serves: 4

Serving Size: 2 composed tacos

Calories: 305

Fat: 6 grams

Carbohydrates: 39 grams

Fiber: 5 grams

Protein: 26 grams

Chef's Note: Top these tacos with Street Corn Salad for a real treat!