

Fish Taco Lettuce Cups

Ingredients

- 1 tsp garlic powder
- 1 tsp oregano
- ½ tsp cumin
- 1 tsp cilantro
- ½ tsp salt
- ¼ tsp chipotle or chili powder
- 1 lb white fish (rockfish or mahi mahi)
- 1 lime
- 2 cups shredded cabbage
- ¼ cup green onions
- 2 heads Boston lettuce
- Salsa or avocado for garnish - optional



Directions

1. Combine dry spices in bowl.
2. Clean & separate lettuce leaves. Dry by rolling in paper towel. Set aside.
3. Heat oil in skillet over medium heat.
4. Coat each piece of fish in spice mixture and add to skillet.
5. Pan-fry fish about 4-5 minutes on each side or until flaky.
6. Spread small amounts of cabbage in each lettuce cup.
7. Break up larger pieces of fish and spoon into lettuce cups.
8. Top with green onion, salsa or avocado and squeeze lime over each.

Makes 2 servings

Nutrition Facts: (without avocado)

Calories 190

Total Fat 5g

Total Carbohydrates 2g

Dietary Fiber 1g

Protein 32g