

Fish Tacos

adapted from [Annie's Eats](#)

1 lb white fish (halibut, cod, tilapia)

marinade:

2 Tbsp lime juice

3 Tbsp olive oil, divided

3 Tbsp minced cilantro

1/4 tsp cumin

2 cloves garlic, minced

salt to taste

cilantro cream sauce:

juice of 1 lime

2 Tbsp minced cilantro

6 oz. nonfat greek yogurt (or sour cream)

1 clove garlic, minced

pepper to taste

toppings:

chopped tomatoes

diced green onions

shredded cabbage

corn or flour tortillas

Combine lime juice, 2 Tbsp olive oil, cilantro, cumin, and garlic. Whisk together until well blended. Add fish and coat well. Marinate for 15-30 minutes.

To make cilantro cream sauce, combine all ingredients and mix well. Refrigerate until ready to serve.

Heat remaining 1 Tbsp oil over medium-high heat until the pan is very hot. Place fish in the pan and cook for 3 minutes without disturbing. Flip to the other side and cook for another 2-3 minutes. Remove to plate and season with salt. Let rest for a few minutes. Shred fish into bite size pieces.

Microwave tortillas until warm and pliable. Assemble tacos in tortillas with fish, cream sauce, and toppings.

serves 4-6

printed from [Cooking with Mandy](#)