

Haddock Tacos with Spicy Slaw

PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES

Fish tacos are a trendy dish found everywhere, from food trucks to diners to high-end restaurants. The appeal might be the tender, spiced fish combined with lots of vegetables, creating a healthy, filling meal.

UNDER
30 MINUTES

1 cup shredded cabbage	2 (5-ounce) haddock fillets
1 carrot, shredded	¼ teaspoon ground cumin
½ scallion, white and green parts, finely chopped	Sea salt
¼ cup fat-free sour cream	Freshly ground black pepper
2 teaspoons sriracha sauce	Nonstick olive oil cooking spray
1 teaspoon freshly squeezed lime juice	4 (6-inch) corn tortillas, at room temperature

1. In a medium bowl, toss together the cabbage, carrots, scallions, sour cream, sriracha, and lime juice until very well mixed. Set aside.
2. Season the haddock all over with cumin, salt, and pepper.
3. Generously spray a medium skillet with cooking spray and place it over medium-high heat. Add the haddock and cook, turning once, until cooked completely through, about 6 minutes per side.
4. Divide the fish among the tortillas and top with the spicy slaw. Serve.

Ingredient tip: The coleslaw used as a topping for these tacos is absolutely addictive, so you might want to double up on that part of the recipe. The slaw will keep in the refrigerator for up to 3 days and only gets better as the flavors meld together.

PER SERVING: Calories: 305; Total fat: 3g; Saturated fat: 0g; Cholesterol: 72mg; Sodium: 295mg; Total carbs: 37g; Fiber: 6g; Sugar: 7g; Protein: 31g