



Time to
COOK

3 6 12

Fish and Bell Pepper Tacos

Servings: 6

Ingredients

- 6 5-ounce tilapia fillets or other firm white fish
- ½ teaspoon ground cumin
- ⅛ teaspoon salt
- 2 limes, divided
- ¼ cup olive oil
- ½ large red bell pepper, cut in ¼-inch strips
- ½ large yellow bell pepper, cut in ¼-inch strips
- 1 jalapeño pepper, cut in thin strips
- 1 small onion, thinly sliced
- 2 cloves garlic, chopped
- 6 8-inch whole-wheat tortillas
- 6 tablespoons fresh cilantro or parsley, coarsely chopped

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Directions

- 1** Wash your hands.
- 2** Place fish in a medium bowl. Toss with cumin, salt and juice of 1 lime. Set aside.
- 3** Heat olive oil over medium-high heat in a large nonstick skillet. Add red and yellow peppers, jalapeño, onion and garlic. Cook and stir for about 1 minute, until peppers and onion are slightly softened.
- 4** Add fish and cook for about 3 minutes on each side or until white and opaque. Fish will flake easily and may break apart.
- 5** Warm tortillas according to package instructions.
- 6** Divide the fish-pepper mixture and cilantro evenly over tortillas. Roll to shape the taco. To serve, garnish each taco with a wedge of the remaining lime.

Nutrition

Calories: 380; Calories from fat: 130; Total fat: 15 g; Saturated fat: 2.5 g; Trans fat: 0 g; Cholesterol: 70 mg; Sodium 310 mg; Total carbohydrate: 28 g; Dietary fiber: 4 g; Sugars: 3 g; Protein 33 g.

Recipe from EatRight.org.