



## Ingredients

- 4 4-ounce tilapia fillets either fresh or frozen
- 1 tablespoon of fresh lime juice
- 1 teaspoon of olive oil
- 1 clove of garlic minced
- 1/8 teaspoon of red pepper flakes
- Shredded lettuce
- Mango salsa
- Sliced avocado
- 1 teaspoon seafood seasoning or mixture of fresh herbs
- 8 8-inch whole wheat flour tortillas

# Zesty Fish Tacos

4 Servings

Cook time: 18 minutes

Ready in: 18 minutes

## Directions

1. Preheat oven to 400 degrees F. Use a 13"x9"x2" baking pan, which you can line with aluminum foil (optional).
2. Place the tilapia in foil-lined pan.
3. Mix the lime juice, seafood season (or fresh herbs), garlic, olive oil and red pepper flakes into a medium bowl and blend. After fully blending, pour over the fish.
4. Bake for 18-20 minutes or until the fish flakes easily. Serve ½ fillet in each of the tortillas with lettuce, avocado and salsa.

## Nutritional Information

Calories: 436  
Protein: 32 g  
Fat: 7 g  
Carbohydrate: 64 g  
Fiber: 9 g  
Sodium: 555 mg  
Potassium: 708 mg