



## ***Insert Recipe Names***

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

1/2 head red cabbage, sliced thin (or a bag of fresh shredded coleslaw mix to substitute for cabbage and carrots).  
2 carrots, grated  
4 green onions, sliced thin  
1 cup fresh cilantro, chopped  
1/4 cup canola oil  
1/4 cup rice vinegar  
1/2 fresh lime juice (1 tablespoon)  
1/2 teaspoon salt  
1/4 teaspoon pepper

#### ***Prep fish:***

1-1/2 pounds halibut, tilapia, or cod fillets, cut into 6 equal pieces  
2 tablespoons canola oil  
1 teaspoon cumin  
1 teaspoon chili powder  
1/4 teaspoon salt  
1 clove garlic, minced

#### ***Assemble tacos:***

12 small corn/whole grain tortillas, warmed  
2 ripe avocados, diced  
Purple cabbage slaw recipe  
Salsa and plain non-fat Greek yogurt

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### ***Directions***

Place vegetables and cilantro in a large serving bowl. Whisk together the remaining ingredients for the dressing. Pour dressing over vegetables. Toss to coat and place in refrigerator until ready to eat (or up to 2 days).

Measure oil, spices, salt, and garlic in a shallow bowl and mix well. Coat fish and set aside while heating 1 teaspoon oil in non-stick skillet. Cook fish for 3 minutes and turn. Cook an additional 3 minutes or until fish is opaque and breaks easily. If you need to cook in batches, place cooked fish on a clean plate and cover with foil to keep warm.

Place a tortilla flat on a plate. Assemble taco with 1/4 cup slaw, 1/2 piece fish, and additional toppings, as desired. Repeat for each tortilla and individual taste. Enjoy!!