

C's Fish Tacos w/ Lime Créma

Yields: seven 2 unit portions of protein/1 unit carbs (1 taco with 3 oz. fish)
six 3 unit portions protein/1 unit carbs (1 taco with 4 oz fish)
five 4 unit portions protein/2 units carbs (2 tacos with 2.5 oz. fish each)
four 5 unit portions protein/2 units carbs (2 tacos with 3 oz. fish each)

Créma Ingredients:

1/4 cup Green Onions, thinly sliced
1/4 cup Fresh Cilantro, chopped *optional
1 1/2 Tbsp. Kraft Light Mayo
1 1/2 Tbsp. Non-Fat Plain Yogurt
3 Tbsp. Light Sour Cream
1 tsp. Lime rind, grated
1 1/2 tsp. Fresh Lime Juice
1/4 tsp. Kosher Salt
1 Garlic Clove, minced

Taco Ingredients:

2 Tbsp. Mrs Dash Southwest Chipolté
1/4 tsp. Smoked Paprika
1/8 tsp. Kosher Salt
1 1/2 pounds Tilapia or Red Snapper
Canola Oil Cooking Spray
4 small La Tortilla Factory Low-Carb Wheat Tortillas
2 cups Cabbage, shredded

Directions:

Pre heat oven to 425°

Step 1: Prepare Créma by combining all ingredients in a small bowl.
Set aside.

Step 2: To prepare tacos, combine the 3 spices in a small bowl.
Sprinkle mixture evenly over both sides of the fish. Place the fish
on a baking sheet coated with cooking spray. Bake at 425° for
9 minutes or until fish flakes easily with a fork.

Step 3: Place the cooked fish in a bowl; break into pieces with a fork.

Step 4: Heat tortillas. Divide fish evenly among tortillas;

top each with 1/4 cup cabbage and 1 Tbsp. Créma.

Serve immediately.