

Fish Tacos with Simple Slaw and Avocado Cream Serves: 4

This recipe makes enough Avocado Cream to top Mexican Black Bean Veggie Pizzas tomorrow night.

To serve with *Roasted Asparagus and Mushrooms* (page 141), prepare those first; they will go in the oven the same time as the fish.

Preheat oven to 400 degrees. Grease a baking sheet.

1/2 cup	(5.3 oz) plain nonfat Greek yogurt	In a food processor or blender, blend ingredients to make Avocado Cream.
3 Tbsp	lime juice	Add an additional Tbsp lime juice (or lemon juice or milk) to thin the cream if needed.
2	avocados , halved, pitted, flesh removed	
1/2 tsp	salt	Set aside 1 cup Avocado Cream to serve with tomorrow's Mexican Pizzas.
1/2 tsp	black pepper	To prevent browning, cover with plastic wrap, pressing it directly onto the surface of the cream. Store in an airtight container in the fridge.
2	garlic clove (or 1/4 tsp garlic powder)	
1	jalapeño (or 1 chipotle chile in adobo), OPTIONAL	Place tonight's Avocado Cream in the fridge while you continue with remaining steps.
2 tsp	chili powder	
1 tsp	garlic powder	Combine spices in a small bowl.
1/2 tsp	ground cumin	
1/2 tsp	salt	
1.5 lbs	tilapia , in 4 fillets (or other firm fish such as sole, snapper, cod, trout or salmon)	Season both sides of the fish with the spice mixture and place on the greased baking sheet. Add to the oven, <i>along with the asparagus and mushrooms</i> , and bake for 10 minutes or until fish flakes easily with a fork and vegetables are tender.
2 cups	shredded cabbage (or coleslaw mix)	Meanwhile, prepare Simple Slaw. In a medium bowl, toss to combine and set aside.
1/2 small	red onion , diced	
1/4 cup	chopped fresh cilantro	
1 Tbsp	olive oil	
1 Tbsp	rice wine vinegar	
1/4 tsp	salt	
8	corn tortillas	With five minutes left on the fish, spread tortillas out on an ungreased baking sheet and place in the oven for 5 minutes. When the fish is done, cut each fillet into two pieces lengthwise. Assemble the tacos by layering warm tortillas with fish, slaw, then Avocado Cream. Serve with wedges of lime (for drizzling overall), and <i>Roasted Asparagus and Mushrooms</i> on the side. Enjoy!
1	lime , cut into 8 wedges	

Nutrition Information for 2 tacos, each topped with slaw and 1 rounded Tbsp Avocado Cream (without optional ingredients):

Calories: 410 • Fat: 20 g • Sat Fat: 2 g • Chol: 86 mg • Fiber: 4 g • Protein: 38 g • Total Carb: 18 g • Sugars: 3 g • Sodium: 605 mg