

**Fish Taco**



Meal Period Lunch Serves 4

Prep Time 10 Minutes

Cook Time 15 Minutes

Cost \$11.85 Omega-3 150 mg / serving

INGREDIENTS	QTY	UOM	COST	EXT COST
Catfish or Tilapia	1	lbs.	4.10	4.10
Taco Shells, soft and/or hard shell	8	each	0.16	1.28
Sour Cream, low fat	0.5	cup	1.59	0.80
Mexican Cheese Blend, low fat	0.5	cup	1.15	0.58
Tomatoes, plum	3	each	0.39	1.17
Chilies	1	can	1.69	1.69
Lime	2	each	0.69	1.38
Scallion - Green Onion	0.5	bunch	0.99	0.50
Iceberg Lettuce, shredded	1	cup	0.36	0.36
Olive Oil	3	TBSP	0.49	Pantry Item
Cajun Spice	2	TBSP	0.59	Pantry Item
Dried Cilantro	1	tsp.	0.19	Pantry Item
Cumin	1	tsp.	0.38	Pantry Item
Avocado (optional)	1	each	1.24	Optional

- 1 Cut fish into strips and toss with Cajun spices and 2 TBSP of oil..
- 2 Bake in a 325 degree oven for 8 minutes or until done.
- 3 Meanwhile, chop tomato and scallions.
- 4 Mix tomatoes with cumin, 1 TBSP oil, juice of 1 lime, cilantro and S&P
- 5 Build taco with favorite toppings in a soft or hard shell tortilla.

