

# Recipe

Food Rx



## Fish Tacos with Cilantro Lime Rice and Squash

Serving: 1

### For the Fish

1 4 oz white fish (such as Cod, Rockfish, Tilapia)

1/8 tsp cumin

1/8 tsp lime chili seasoning, such as Tajin Classic

### For the Sauce

1 TBS fat free Greek Yogurt

2 tsp light mayonnaise

¼ tsp lime juice

¾ tsp water, to thin

¼ tsp chili-lime seasoning salt, such as Tajin Classic

2 mini street taco corn tortillas

1 lime wedges, for serving

### For the Slaw

1 TBS chopped cilantro

¼ cup white cabbage, sliced

¼ cup red cabbage, sliced

1 TBS shredded carrots

¼ tsp olive oil

¼ tsp lime juice

### For the Rice

¼ cups brown rice

¾ cup water

1 TBS chopped fresh cilantro

1 ½ tsp lime juice (from about 1/4 lime) \*

½ tsp plus 1 teaspoon extra-virgin olive oil

A dash sea salt

### For the Squash

1 squash or zucchini sliced

¼ cup chopped red onion

1/8 tsp cumin

Dash of salt

1/8 tsp chili powder

1/8 tsp garlic powder

½ tablespoon olive oil

### For the Taco

1. Season fish with ground cumin and Tajin.

2. Combine the ingredients for the sauce in a small bowl and refrigerate until ready to eat.

3. Toss the slaw ingredients and keep cold.

4. Place fish on preheated skillet and spray with olive oil, cook 4 to 5 minutes on each side until fish is just opaque and charred. Break up in large chunks.

5. Char the tortillas over an open flame on the burner or in a skillet about 30 seconds on each side, stack on a plate covered with a towel to keep warm.

6. Assemble tacos. Place slaw on the bottom of each tortilla, top with fish and drizzle with sauce, serve with lime wedges.

### For the Rice

1. Bring a pot water to boil over high heat. Pour in the rinsed rice. Give the mixture a brief stir, reduce the heat to medium low and let it boil for 30 minutes.

2. Once the rice absorbs the water, taste for texture, add water and continue to cook if rice is still firm, once done, cover, and let it rest for 10 minutes off the heat fluff the rice with a fork.

3. Add the cilantro, lime juice, olive oil, and salt and stir to combine. Cover until you're ready to serve.

### For the Squash

1. Heat a medium pan with oil. Mix seasonings together and toss with squash and red onion then add to a hot pan and sauté for 3-5 min.

NOTE\* If you would like to cut out more carbs, try doing a lettuce wrap in lue of tortillas.