



# Baja Fish Tacos



prep time  
10 minutes



total time  
30 minutes



servings  
8 tacos

## Ingredients

- 8 ounces wild-caught red snapper or rock fish ~ 6 servings of protein
- 1 avocado, halved, pitted, peeled ~ 2 servings of fat
- Eight small corn tortillas ~ 6 servings of carb
- 1 cup shredded red cabbage 1 garlic clove, peeled ~ 1 serving of veggies
- 1 teaspoon chili powder
- 1½ teaspoon ground cumin
- ¼ teaspoon paprika
- Sea salt and ground black pepper
- ½ lime, juiced
- 1 teaspoon hot sauce

Optional toppings (not included in recipe breakdown)

- Feta cheese
- Cilantro
- Lime wedges

# taco tuesday

## Instructions

- 1 Mix together the chili powder, cumin, and paprika in a small bowl.
- 2 Line a baking sheet with parchment paper. Place the fish on the baking sheet and sprinkle with the seasoning mix. Season with salt and pepper. Bake at 375 for 18 to 20 minutes, or until flaky. If you want a crispy fish you can toss the fish in a pan on medium heat with a little oil and cook for 2-3 minutes each side.
- 3 Place the avocado, garlic, lime juice, and hot sauce in a blender or food processor and blend well to combine, adding filtered water by table-spoons if the consistency is too thick.
- 4 Toast the tortillas 1 at a time over an open flame or in a skillet over high heat for about 30 seconds, or until warm and softened, turning frequently with tongs,



- 5 To serve, place some of the shredded cabbage on each tortilla. Top with the fish, goat cheese, cilantro, and a drizzle of avocado crème. Squeeze fresh lime

Whole Recipe Breakdown:

Protein: 6 servings

Carb: 6 servings

Fat: 2 servings

Veggies: 1 servings

