

crunchy Fish Tacos

Makes 4 servings

INGREDIENTS

12 breaded cod fish sticks (1 oz. each)
1/3 can chipotle peppers in adobo, 5.5 oz can
1 cup low-fat vanilla yogurt
4 Tbsp + 1 tsp buttermilk
4 corn or whole grain flour tortillas, 8"
1/2 cup cabbage coleslaw mix
4 wedges of lime
1 Tbsp + 1 tsp fresh cilantro, chopped

INSTRUCTIONS

1. Place fish sticks on a lined sheet pan. Cook at 350°F for 20 minutes. Heat to 145°F or higher for at least 15 seconds. Hold until served at 135°F or higher.
2. In a food processor blend chipotle peppers in adobo until completely liquified.
3. Mix yogurt, buttermilk together. Add chipotle peppers. Mix until ingredients are well incorporated.
4. Transfer sauce into squeeze bottle. Hold at 41°F or less until served.
5. When ready to serve: place 3 fish sticks in a tortilla, add 1/8 cup of coleslaw mix. Serve approximately 3 oz. of yogurt chipotle sauce with a wedge of lime with tacos.
6. Optional: garnish with chopped cilantro.

NUTRITIONAL FACTS: PER SERVING

Calories: 403
Total Fat: 12 g
Saturated Fat: 3 g
Cholesterol: 45 mg
Sodium: 744 mg
Iron: 0.45 mg

Calcium: 309 mg
Protein: 12 g
Carbohydrates: 50 g
Dietary Fiber: 7 g
Vitamin A: 725 IU
Vitamin C: 4 mg

