

# Recipe of the Month – April 2022

## Fish Tacos

Serves 5

Serving Size: 2 tacos

Cost per Serving: \$2.52

### Ingredients:

#### Coleslaw:

½ cup light ranch dressing

2 Tablespoons lime juice

1 teaspoon chili powder

1 bag (14 ounces) coleslaw

#### Fish:

1 pound white fish (*cod, swai, tilapia*)

2 Tablespoons oil (*vegetable or canola*)

¼ cup cornmeal

½ teaspoon ground black pepper

10 (6 inch) corn tortillas

1 medium tomato, chopped (*about 1 cup*)



### Directions:

1. Stir together the ranch dressing, lime juice, and chili powder. Pour over coleslaw and stir to mix well. Cover and place in refrigerator until serving.
2. Cut the fish into 10 strips.
3. Heat the oil in a small nonstick skillet over medium heat until hot but not smoking. Stir the cornmeal and ground black pepper together and spread on a plate while the oil heats. Dip the fish strips in the cornmeal to coat on all sides.
4. Fry the fish in the hot oil until the cornmeal is lightly browned (about 2 minutes per side). Remove and drain on paper towels.
5. Warm the corn tortillas according to package directions.
6. Top each tortilla with 1 fish strip, coleslaw, and tomato.

**Nutrition Facts per Serving:** 360 calories, 12g total Fat (1.5g sat. fat), 50mg. Cholesterol, 360mg Sodium, 39g Carbohydrates, 6g Fiber, 5g Sugar, 23g Protein

*Recipe compliments of Iowa State University Extension and Outreach:  
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



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