



FISH TACOS

With Creamy Slaw and Pickled Onion

INGREDIENTS

1-2lb Cod (Can sub for whitefish of your choice)
1.5TB Paprika
1 TB Onion Powder
1 TB Garlic Powder
1 tsp Ground Oregano
1 tsp Cayenne
1 tsp Salt
1 tsp Pepper
1 tsp Dried Thyme
1 Bag Slaw Mix
1 Cup Greek Yogurt
3 TB Taco Sauce or Sriracha
Pickled Onion
Tortilla (Use Corn if GF)
Shredded Cheese
Cilantro
3 Limes

DIRECTIONS

1. Thaw Fish
2. Take slaw mix and place in a bowl. Add Greek Yogurt, Taco sauce or Sriracha, $\frac{1}{2}$ lime juice, salt, and mix together.
3. Mix the spices together and set aside
4. Cut Fish into pieces if not done so already and generously coat each side with seasoning
5. Bake at 380 for 14-18 minutes depending on thickness or fry on stove top with oil roughly 3-8 minutes per-side depending on thickness. It should be white and flakey when cooked all the way through.
6. Place tortilla on plate, top with fish, then slaw, then pickled onion, cilantro, and lime. Add cheese if needed! Enjoy!

NOTES

You can use any whitefish! We used to have Mahi Mahi more accessible but now we have Cod and Tilapia! Whatever whitefish your family likes will work
To make kid friendly I make cheese quesadillas, fish, and do a veggie on the side!