These fish tacos, packed with crunch, are a great way to get your omega-3s. Dinner will be on the table in less than 20 minutes.

Nutrition Facts

**Fish Tacos with Broccoli Slaw**

Calories 158 Per Serving

Protein 20g Per Serving

Fiber 3g Per Serving

View Full Nutritional Info

Nutrition Facts

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| **Calories** | 158  |
| **Total Fat** | 4.0 g |
|  | Saturated Fat | 0.5 g |
|  | Trans Fat | 0.0 g |
|  | Polyunsaturated Fat | 2.5 g |
|  | Monounsaturated Fat | 1.0 g |
| **Cholesterol** | 47 mg |
| **Sodium** | 205 mg |
| **Total Carbohydrate** | 11 g |
|  | Dietary Fiber | 3 g |
|  | Sugars | 1 g |
| **Protein** | 20 g |

**Dietary Exchanges**
1/2 starch, 3 lean meat

Ingredients

**Servings**  4   **Serving Size**   3 ounces fish, 1/4 C slaw, and 1 tortilla

* 1 cup **water**
* 4 firm white fish fillets (about 4 ounces each), such as cod or halibut, 3/4 to 1 inch thick, rinsed and patted dry
* 1 teaspoon **chili powder**
* 1/2 teaspoon ground **cumin**
* 1/8 teaspoon **garlic powder**
* 2 cups **broccoli slaw**
* 1/4 cup chopped, fresh **cilantro**
* 1 medium **green onion** (thinly sliced)
* 3 tablespoons light **mayonnaise**
* 2 tablespoons fresh **lime juice**
* 4 6-inch **corn tortillas**

Directions

1. Pour the water into the pressure cooker. Place the steaming rack in the pressure cooker. Place the fish on the rack.
2. In a small bowl, stir together the chili powder, cumin, and garlic powder. Sprinkle the mixture over the fish. Secure the lid. Cook on high pressure for 4 minutes. Quickly release the pressure.
3. Meanwhile, in a medium bowl, stir together the broccoli slaw, cilantro, and green onion, tossing gently to combine. Stir in the mayonnaise and lime juice until blended.
4. Heat a small nonstick skillet over medium-high heat. Warm the tortillas, one at a time, turning until heated through. Transfer to a work surface. Place the fish on the tortillas. Top with the slaw. Serve immediately.

Quick Tips

**Cooking Tip:** Omit the tortillas and serve the fish with the slaw on top.