

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

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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

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.