



Anna Jones, MS, RD, LD

Fish Tacos with Chipotle Cream

(Recipe adapted from Ellie Krieger)

Ingredients

For the fish:

2 Tbsp. olive oil

2 Tbsp. fresh lime juice

¼ tsp. salt

Freshly ground black pepper to taste

1 pound white, flaky fish (I use fresh Grouper)

For the chipotle cream:

½ cup plain nonfat yogurt or 1/3 cup Greek-style non yogurt

2 Tbsp. mayonnaise

2 tsp. finely chopped canned chipotle chiles in adobo sauce

For the tacos:

Whole Wheat tortillas

1 ½ cups shredded romaine lettuce

½ - 1 cup cooked fresh or frozen corn kernels

¼ cup fresh cilantro leaves, chopped

1 avocado, sliced

Lime wedges

Preparation:

- If using regular yogurt for the chipotle cream, put it into a strainer lined with a paper towel and set over a bowl or sink to drain and thicken for 30 minutes. In a small bowl, whisk together the oil, lime juice, salt, and pepper. Pour over the fish and let marinate at room temperature for 20 minutes. Preheat grill or nonstick grill pan over medium-high heat.
- In a small bowl, combine the drained or Greek-style yogurt, the mayonnaise, and chipotles.
- Remove the fish from the marinade and grill until cooked through, about 3 minutes per side. Set the fish aside on a plate and tent with aluminum foil to keep warm.
- To prepare the tacos, heat the tortillas on the grill or grill pan for 30 seconds on each side. (You can also warm them in the microwave for 10-15 seconds on high).
- Flake the fish with a fork. Spread each tortilla with 1 Tbsp. of the chipotle cream. Top with fish, lettuce, corn, avocado, and cilantro, and serve with lime wedges. YUM!

Nutritional Facts (per 1/8 recipe on 1 tortilla):

Calories: 234 Fat: 11 g Saturated Fat: 2.4 g

Carbohydrates: 13 g Fiber: 14.4 g Protein: 21 g

*For kids: The chipotle cream is a little spicy. I just leave it off and melt a little cheese on the tortilla instead. My kids love this!