



## **Fish Tacos with Avocado Sauce**

6 servings

24 ounces of fresh halibut, steak or filet  
1 Tbsp Extra-virgin olive oil  
Salt and pepper, to taste  
1 lime, juiced

3 ripe small avocados, pitted and scooped  
1 lemon, juiced  
1 cup plain, non-fat yogurt  
¼ tsp cayenne pepper  
2 salad tomatoes (small or Roma), seeded and chopped  
3 green onions, cleaned and sliced  
1 Tbsp chopped fresh cilantro

About 3 cups shredded romaine or iceberg lettuce

Twelve 6-inch whole wheat tortillas

1. Preheat grill or grill pan to medium high.
2. Drizzle olive oil onto fish and brush to distribute evenly. Season with salt and pepper.
3. Grill fish 5 to 6 minutes on each side or until just opaque and flakey.
4. Remove from heat and baste with lime juice.
5. Using a fork, flake fish into large chunks.
6. While fish is cooking, combine avocado, lemon juice, cayenne, yogurt and salt into a blender or food processor. Process until smooth. Pour into bowl and add chopped tomato, cilantro and onion.
7. Warm tortillas on non-stick skillet or in oven, wrapped tightly in foil.
8. When fish is finished, assembled tacos with fish, sauce and shredded lettuce.

### **Nutrition Facts**

Serving Size: Two tacos with 2 Tbsp sauce, each

Calories	430
Total Fat	18g
Saturated Fat	2g
Cholesterol	35mg
Sodium	380mg
Carbohydrates	36g
Dietary Fiber	8g
Protein	32g

### **Diabetic Exchanges**

Protein	4.5
Fat	3
Carbohydrates	2