

Fish Tacos

Makes 5 tacos



INGREDIENTS

SHELLS

Shredded extra sharp cheddar cheese (0 carbs if you shred it yourself), 1/3 cup per shell

FILLING

Tilapia, Cod, or some other type of flaky white fish, 1 large fillet for each 2 tacos

3 TBSP olive oil

2 TBSP Spanish Gardens Taco Seasoning (see "Products" page to see and find out where to buy)

Red pepper flakes (optional)

¼ tsp Cayenne pepper (optional)

Kosher salt and freshly ground black pepper

TOPPINGS

1-½ cup chopped green cabbage

1/3 cup chopped green onions (the green part has fewer carbs)

1/3 cup diced roma tomato

1/3 cup slightly ripe avocado, diced

¼ cup chopped cilantro (optional)

Juice of ½ lime

Kosher salt and freshly ground black pepper

INSTRUCTIONS

Shells: Preheat oven to 350 degrees. Put parchment or silicone baking sheets (the best way as they lift right off with no problem) on baking sheet, (use more than one sheet if you have them to make this go faster). Put 1/3 cup of cheddar at each end of the baking sheet, spread it out to be evenly distributed. Leave at least 3-4" from edge as it will spread as it cooks. Bake 5-7 minutes or until outer edges slightly brown. If you want them crunchier, bake 8-10 minutes. They look "lacy" but they are sturdy..and tasty!



When you take them out, let cool for about a minute or two, and you can lay a paper towel over top (don't press down or it will stick!) to soak up the oil that bakes out. Then lift off the baking sheet carefully with a thin spatula and drape over a thick-handled wooden spoon with each end balanced on a glass. It's ok to shape a bit with your hands to get it like a shell, it won't hurt to handle them. Let cool completely then remove. Leftovers will store in a plastic bag without crumbling.



Fish: Mix oil and spices in a small bowl, then pour over fish in an oblong dish, turning fish and rolling it around to get it well coated on all sides. Pour any remaining marinade over fish after you put it in your pan. This can either be baked on a foil-lined baking sheet at 400 degrees for 15 minutes, or grilled in a skillet that has been brushed with olive oil until coating caramelizes and fish flakes easily. Turn once during cooking in skillet, no need to turn if baking in oven. It won't hurt if it falls apart a bit, you're going to flake it apart to put in your tacos anyway.

Toppings: Put all chopped veggies, salt & pepper in a medium mixing bowl and toss to mix well. Squeeze ½ lime over and stir to coat all toppings.

(We also make guacamole to go with ours to add a bit more fat as this fish is really a low-fat fish and you need fat to keep you feeling full and not get hungry). You can use the Spanish Gardens Taco Seasoning in your guacamole, too, if you like. It's yummy! Plus any other spices to your own taste, with some more of that lime juice.

Just build your tacos like you would build any, starting with your fish, veg toppings, then top with your Spanish Gardens Taco Sauce and voila! It's amazing how well these shells hold up under all that filling, and they taste amazing!

HINT: You could make these flat and have tostadas instead of tacos!