

## ***Baked Fish Taco Filling***

From [Eileen R. Beran's Food Blog](#), May 10, 2011.

Start to finish: 60 minutes (active time: 10 minutes)

Servings: 4

2 tablespoons lime juice

1 teaspoon cumin

1 teaspoon olive oil

1/4 teaspoon salt

1 pound firm white fish fillets such as halibut or cod

8 corn tortillas

Preheat oven to 350°F.

In a baking dish, combine lime juice, cumin, olive oil, and salt. Place fish in dish and gently turn to coat. Allow to marinate for 30 minutes. Bake 20 to 25 minutes, until fish flakes easily with a fork. Flake into a bowl, leaving any excess liquid in baking dish. Serve in corn tortillas warmed according to package directions with toppings such as mango salsa, cabbage slaw, cubed avocado and/or a dollop of sour cream.

Nutrition information per serving (fish and corn tortillas only; based on cod; values are rounded to the nearest whole number): 131 calories; 23 calories from fat; 3 g fat (0 g saturated; 0 g trans fats); 56 mg cholesterol; 6 g carbohydrate; 21 g protein; 1 g fiber; 225 mg sodium.

(Recipe adapted from [“Low Fat Fish Tacos,” at About.com.](#))