

Grilled Tilapia Tacos with Coleslaw

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 25 minutes

Grill Time: 8 minutes

1 1/4 pounds tilapia fillets
1 small onion, sliced 1/2-inch thick
3 tablespoons canola oil
1/2 teaspoon chili powder
1 teaspoon cumin
1/2 teaspoon salt, divided
1/2 teaspoon pepper, divided
1/4 cup light mayonnaise
2 tablespoons cider vinegar
1/2 teaspoon sugar
1 bag (8 oz) shredded coleslaw blend
8 10-inch flour tortillas, warmed
1/2 cup salsa
shredded lettuce

Preheat the grill for 15 minutes.

Coat the tilapia and onion with canola oil.

In a small bowl, combine the chili powder, cumin, 1/4 teaspoon salt and 1/4 teaspoon pepper. Rub over the tilapia.

In a medium bowl, whisk the mayonnaise, vinegar, sugar, 1/4 teaspoon salt and 1/4 teaspoon pepper until smooth. Add to the coleslaw blend and toss gently. Cover and refrigerate.

Grill the tilapia and onion for 5 to 8 minutes or until the fish flakes easily with a fork. Remove from the grill and slice. Dice the onion. Combine the fish and onion in a medium bowl.

Spoon the coleslaw and tilapia onto tortillas and top with salsa and lettuce. Serve with guacamole, if desired.

Per Serving (excluding unknown items): 619 Calories; 24g Fat (34.3% calories from fat); 13g Protein; 88g Carbohydrate; 6g Dietary Fiber; 5mg Cholesterol; 1175mg Sodium. Exchanges: 5 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.