***NR# 184 Spicy Fish Tacos-Allrecipes***

***Serving size: 3oz fish, 2 taco shells, 1/2c Coleslaw, 2 TBSP Tomato***

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| **Ingredients** | **25 Servings** | **50 Servings**  | **100 Servings**  |
| Tilapia Fillets | 5 lbs  | 10 lbs  | 20 lbs  |
| Low sodium taco seasoning | 10 TBSP | 20 TBSP  | 40 TBSP |
| Olive oil | 5 TBSP | 10 TBSP  | 20 TBSP |
| Plain yogurt | 30 ounces | 60 ounces | 120 ounces  |
| Lime juice | 5 tsp | 10 tsp | 20 tsp  |
| Lime zest | 2 ½ tsp | 5 tsp | 10 tsp |
| Coleslaw mix | 20 cups | 40 cups | 80 cups |
| Cilantro, chopped fresh  | 10 TBSP | 20 TBSP  | 40 TBSP  |
| Jalapeno Chile, seeded, finely chopped | 5 | 10 | 20 |
| 1 tomato, seeded and diced | 5 | 10 | 20 |
| Taco shells | 50 | 100 | 200 |
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***Instructions:***

1. ***Season tilapia fillets with taco seasoning***
2. ***Heat oil in skillet over medium heat. Cook fish in hot oil until fish flakes easily with a fork, 3 to 4 minutes per side. Remove from heat***
3. ***Preheat oven to 325F***
4. ***Heat taco shells, in oven until crip about 5 minutes***
5. ***Mix yogurt, lime juice, lime zest, in large bowl. Stir in coleslaw mix, cilantro, and jalapeno, let stand 5 minutes.***
6. ***Spoon 1.5oz of fish and 1/4c coleslaw in each taco shells. Top each with 1 TBSP tomato***