

Alabama Fancy Fish Tacos

Makes: 4 Servings

"I wanted to make something healthy that gave me energy to play sports," says Jay. "I play outside a lot after school or I have a ballgame and I wanted something good to fill me up. I'm kind of a picky eater, but I love fish and I knew I wanted it to be the main ingredient. My mom adds vegetables in food that I may not see, so I like these better because they are different colors and I can tell which ones I'm eating!"

Ingredients

- 4 fresh or frozen tilapia fillets
- Salt to taste
- 1 cup quinoa, rinsed
- 1 large carrot, peeled and thinly sliced
- 1 large cucumber, thinly sliced
- 1/2 cup red cabbage
- 1 cup broccoli, chopped
- 1/4 cup fresh cilantro
- 1 juice of 1 lime
- 4 whole-wheat tortillas or wraps

Directions

1. **Preheat the oven to 350°F.** On a large baking sheet, place the tilapia, and add salt to taste (if frozen, defrost the fish first). Bake for 25 minutes, or until the fish flakes easily with a fork.
2. **Meanwhile, in a medium pot,** bring 2 cups of water and the quinoa to a boil over medium heat; reduce heat to low and cook for about 20 minutes, or until tender.
3. **In a large bowl,** combine the vegetables and cilantro.



Nutrition Information

Nutrients	Amount
Calories	393
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	48 mg
Sodium	298 mg
Total Carbohydrate	56 g
Dietary Fiber	9 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	33 g

When the fish is done, squeeze lime juice over each fillet.
Fill each whole-wheat tortilla with fish and about ¼ cup
vegetables. Roll up and serve.

The 2015 Healthy Lunchtime Challenge Cookbook