

Catch of the Day Fish Tacos

Makes: 4 Servings

“Every summer, I go fishing on the Missouri River with my dad and two grandpas,” says Josh. “We spend the week catching and eating lots of fresh walleye, the state fish of South Dakota. When you catch a lot of fish, you have to eat a lot of fish, so we come up with new ways to cook walleye. Since tacos are another favorite food, I thought it’d be fun to make fish tacos. Fish is really healthy; my mom says it’s got lots of protein and is low in fat. Lots of people batter and fry fish, but baking it is great. What’s even better is that I can make it since my mom doesn’t want me to get splattered by hot oil. Cooking is fun! I like to eat these tacos with fruit and milk.”

Ingredients

For the Fish:

2 eggs

1/4 cup milk

1/4 cup nonfat plain Greek yogurt

2 cups panko breadcrumbs

Salt and freshly ground pepper

1 pound walleye fillets (or any flaky white fish, like cod or haddock)

For the Salsa:

1/2 cup peach-pineapple salsa, or any flavor salsa

1/4 cup nonfat plain Greek yogurt

For the Tacos:

3 cups finely shredded green cabbage

1/4 cup shredded carrots

1/2 cup chopped fresh pineapple

6-inch whole-wheat flour tortillas

1 lime, juiced



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	499	
Total Fat	8 g	
Protein	37 g	
Carbohydrates	68 g	
Dietary Fiber	6 g	
Saturated Fat	2 g	
Sodium	742 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	3/4 cup

Directions

- 1. To make the Fish:** Preheat oven to 400°F. Line a large rimmed baking pan with parchment paper or grease with nonstick cooking spray or oil. In a shallow dish combine the eggs, milk and Greek yogurt. Whisk until combined. Place breadcrumbs on another dish. Season the fish with salt and pepper, to taste. Lightly dunk the walleye into the egg mixture, draining any excess, and then place in the breadcrumbs, rolling and pressing to help the breadcrumbs adhere. Place the breaded fish onto the prepared baking pan. Bake for 12 minutes; turn on broiler, place under the broiler for 1 minute, then flip over and brown on the other side. (Or, leave in the oven for 5 more minutes.) Cut into small, bite--??sized pieces.
 - 2. To make the Salsa:** In a small bowl, combine salsa and Greek yogurt and blend until smooth.
 - 3. To make the Tacos:** In a large bowl, toss together cabbage, carrots and pineapple. On a plate, heat one tortilla in the microwave for 10 seconds or until warm and pliable. Top with ¼ of the cabbage and carrot mixture and fish. Drizzle 2 teaspoons salsa on top, then top with a squirt of lime juice. Repeat with remaining tortillas, veggies, fish, salsa.
- The 2016 Healthy Lunchtime Challenge Cookbook