

## Baked Fish Tacos with Avocado

Instead of deep-frying, the fish fillets in this quick-and-easy 5-ingredient recipe are coated with a flavorful seasoning blend and baked. Several varieties of flaky white fish can be used for these tacos. When you go to the market to purchase fish, the best strategy is to be flexible and choose the variety that looks freshest that day. Serves 4.

- 1 tablespoon avocado oil
- 2 teaspoons no-salt-added Mexican-style seasoning blend
- ½ teaspoon salt
- 1 pound flaky white fish fillets, such as cod, haddock or mahi mahi, cut into 8 or 16 pieces
- 1 avocado, cut into 16 slices
- ½ cup pico de gallo
- 8 corn tortillas, warmed



Preheat oven to 400 degrees F. Coat a large rimmed baking sheet with cooking spray.

Stir oil, seasoning blend and salt together in a medium bowl. Add fish and toss to coat. Transfer to the prepared baking sheet and bake until the fish flakes easily, about 10 minutes, depending on thickness.

To assemble tacos, place 1 or 2 pieces of the fish, 2 slices avocado and 1 tablespoon pico de gallo in each tortilla.

### Nutrition Facts

#### Serving Size:

2 tacos

#### Per Serving:

296 calories; protein 18.6g; carbohydrates 28.9g; dietary fiber 6.4g; sugars 2.8g; fat 12.6g; saturated fat 1.8g; cholesterol 44.6mg; vitamin a iu 263.3IU; vitamin c 6.2mg; folate 49.4mcg; calcium 52.9mg; iron 1.1mg; magnesium 67.9mg; potassium 559.2mg; sodium 521.4mg; thiamin 0.1mg.

#### Exchanges:

2 fat, 2 lean protein, 1 1/2 starch, 1/2 vegetable