


Fish Tacos with Broccoli Slaw

These fish tacos, packed with crunch, are sure to please. Dinner will be on the table in less than 20 minutes.

Ingredients

 **Servings** 4 **Serving Size** 3 ounces fish, 1/4 cup slaw, and 1 tortilla

1 cup water

4 firm white fish fillets (about 4 ounces each), such as cod or halibut, 3/4 to 1 inch thick, rinsed and patted dry

1 teaspoon chili powder

1/2 teaspoon ground cumin

1/8 teaspoon garlic powder

2 cups broccoli slaw

1/4 cup chopped, fresh cilantro


1 medium green onion (thinly sliced)

3 tablespoons light mayonnaise

2 tablespoons fresh lime juice

4 6-inch corn tortillas

Directions

 **Tip:** Click on step to mark as complete.

Pour the water into the pressure cooker. Place the steaming rack in the pressure cooker. Place the fish on the rack.

In a small bowl, stir together the chili powder, cumin, and garlic powder. Sprinkle the mixture over the fish. Secure the lid. Cook on high pressure for 4 minutes. Quickly release the pressure.

Meanwhile, in a medium bowl, stir together the broccoli slaw, cilantro, and green onion, tossing gently to combine. Stir in the mayonnaise and lime juice until blended.

Heat a small nonstick skillet over medium-high heat. Warm the tortillas, one at a time, turning until heated through. Transfer to a work surface. Place the fish on the tortillas. Top with the slaw. Serve immediately.

Quick Tips



Cooking Tip: Omit the tortillas and serve the fish with the slaw on top.

 Calories

158 Per Serving

 Protein

20g Per Serving

 Fiber

3g Per Serving

Nutrition Facts

Calories	158
Total Fat	4.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	1.0 g
Cholesterol	47 mg
Sodium	205 mg
Total Carbohydrate	11 g
Dietary Fiber	3 g
Sugars	1 g
Protein	20 g

Dietary Exchanges

1/2 starch, 3 lean meat

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