

Fish Tacos with Cabbage Slaw

by Deanna Bartalini

Makes 4 servings

First, make the sauce:

- 1 cup plain yogurt (I use full fat, Greek style, but use what you prefer)
- 1 teaspoon old bay seasoning
- ½ teaspoon chipotle seasoning
- Dash cumin
- 1 tablespoon lime juice
- Dash chili powder (optional)

Mix all of this together and let the flavors blend while you cook your fish.

Fish Tacos

- 1 lb fish (lean toward steak style, not fillets; I've used Mahi and Salmon)

I like to pan fry for this dish, so heat up your pan, add a bit of olive oil or coconut oil and add seasoning to the pan (Old Bay, garlic powder, onion powder, pepper, cumin, whatever you like) When it is heated up, put the fish in the pan (medium heat). Turn the fish when it is cooked about halfway. While the fish is cooking thinly slice your cabbage, red or white, whatever you like.

Lightly toss the cabbage with the sauce, about a 1/4 cup of it.

I served our tacos on lettuce leaves, but use whatever you like. Add tacos toppings to your taste.



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