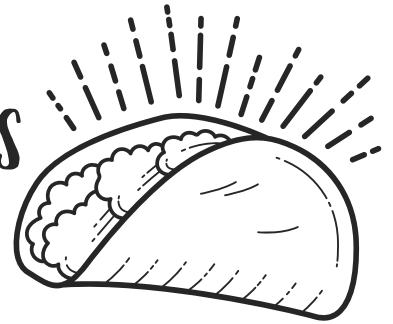




LOW-CARB MEAL FOR DIABETES



RASPBERRY-PINEAPPLE FISH TACOS

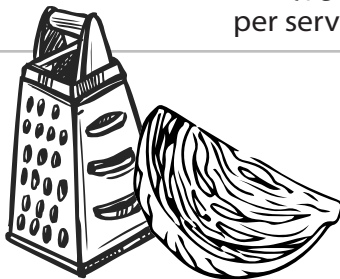


SERVINGS:



⌚ Prep time: **45min**

🔥 Calories: **337kcal**
per serving



DIRECTIONS:

1. Grate 1 tsp. zest and squeeze 5 Tbsp. juice from limes. Combine 2 Tbsp. of the juice, 1 Tbsp. oil, chili powder, 1/4 tsp. salt and 1/8 tsp. pepper in a small bowl.
2. Place fish in a sealable plastic bag set in a shallow dish. Pour in the lime mixture, seal and turn to coat. Marinate in the refrigerator for 15 to 30 minutes.
3. Meanwhile, combine raspberries, pineapple, green onion, jalapeno, the lime zest, 1 Tbsp. lime juice and the remaining 1 Tbsp. oil, 1/4 tsp. salt and 1/8 tsp. pepper in a medium bowl. Combine yogurt and the remaining 2 Tbsp. lime juice in a small bowl.
4. Coat a 12-inch nonstick skillet with cooking spray and heat over medium-high heat. Add the fish (discard marinade) and cook, turning once, until it flakes easily, 4 to 6 minutes.
5. Break the fish into bite-size pieces with a fork. Serve in tortillas topped with cabbage, the salsa, the yogurt mixture and cilantro, with lime wedges on the side, if desired.

INGREDIENTS:

3 limes



2 tablespoons canola oil, divided



2 teaspoons chili powder



1/2 teaspoon salt, divided



1/4 teaspoon ground pepper, divided



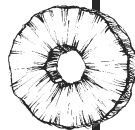
1 pound tilapia, flounder or cod fillets, thawed if frozen



1 cup fresh raspberries



1 cup cubed fresh pineapple (1/2-inch)



2 tablespoons thinly sliced green onion



1/2-1 jalapeño pepper, halved, seeded (if desired) and finely chopped

1/2 cup nonfat plain Greek yogurt



8 (6 inch) corn tortillas, warmed



1 cup finely shredded green cabbage

1/4 cup fresh cilantro leaves



Lime wedges (optional)

