

Baja-Style Fish Tacos



main meals

Ingredients

- 1 spray(s) cooking spray
- 1 pound(s) lean ground turkey
- 1/3 cup(s) onion(s), chopped
- 2 tsp minced garlic
- 2 tsp fennel seed
- 1/2 tsp table salt
- 1/4 tsp black pepper, freshly ground
- 4 spray(s) olive oil cooking spray
- 2 small tomato(es), ripe, yellow and/or red, thinly sliced
- 1 cup(s) basil, fresh, leaves, torn or thinly shredded
- 4 item(s) reduced-calorie hamburger roll(s)

Instructions

- Preheat broiler to high. Line a baking sheet with aluminum foil (or nonstick aluminum foil) and coat with cooking spray (helps to make fish crispy).
- Place corn flour, salt, black pepper, cayenne pepper, garlic powder and paprika in a large bowl; mix to combine. Add snapper to corn flour mixture and toss to coat

POINTS® Value: 7

Servings: 4

Preparation Time: 30 min

Cooking Time: 8 min

Level of Difficulty: Moderate

This casual street food is everywhere in Baja, Mexico. The fish is usually deep-fried, but we oven-fried it for a healthier crunch.

- Place seasoned fish on prepared baking sheet and lightly coat tops of fish with cooking spray. Broil until crispy, about 3 to 4 minutes per side.
- Meanwhile, wrap tortillas in aluminum foil and place in oven to warm; place on rack furthest from heat source.
- To make salad, combine lettuce, radishes, scallions, tomatoes and cabbage in a medium bowl; set aside.
- To make sauce, combine yogurt, lime juice and chipotle peppers in a blender; blend until smooth.
- To assemble, place a tortilla on a plate. Top with 2 to 3 pieces of fish, 1/2 cup of salad and 2 tablespoons of sauce; roll up and repeat with remaining ingredients. Yields 2 filled tortillas per serving.