

Skillet Cilantro and Lime Fish Tacos

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-white-corn-tortilla-recipe>

Ingredients:

- 1 teaspoon olive oil
- 1 yellow onion or small white, finely chopped
- 4 garlic cloves finely minced
- 1 jalapeno pepper seeded, membranes removed and finely diced
- 2 tomatoes ripe, chopped, about 2 cups
- 3 tablespoons fresh lime juice from about 2-3 limes
- 1 pound tilapia flounder or other mild white fish fillets, rinsed and patted dry
- salt
- pepper
- 1/4 cup chopped fresh cilantro
- 8 white corn tortillas 5-inch
- 2 avocados ripe, sliced
- cilantro optional
- lime wedges optional

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 55 milligrams
4. Fat: 20 grams
5. Fiber: 13 grams
6. Protein: 29 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 290 milligrams
9. Sugar: 6 grams

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