

Fish Stick Tacos

Ingredients

3 tablespoons light sour cream, divided
2 tablespoons canola mayonnaise
2 tablespoons fresh lime juice, divided
1 tablespoon chopped chipotle chile, canned in adobo sauce*
1 teaspoon sugar
1 teaspoon red wine vinegar
1/2 teaspoon grated lime zest
3/8 teaspoon kosher salt, divided
1/4 teaspoon freshly ground black pepper
3 cups packaged cabbage-and-carrot coleslaw
2 tablespoons 1% low-fat milk
1/2 ripe peeled avocado, diced - about 1/2 cup (Adult Needed)
1 garlic clove, peeled and chopped (Adult Needed)
16 sustainable frozen fish sticks
8 (6-inch) corn, flour, or whole wheat tortillas
8 lime wedges

Equipment Needed

Measuring spoons & cups	Mini Food Processor
Medium Bowl	Non-latex gloves such as Nitrile Exam-see note below
Whisk	Chef's Knife (adult needed)
Tongs	Zester for lime (adult needed)
Baking Sheet	Serving Spoons
Silpat or Parchment Paper	Juicer
Cutting Board for garlic, chipotle, avocado & limes (adult needed)	

Preparation Instructions

Preheat oven according to frozen fish package instructions.

Place Silpat or parchment paper on the baking sheet. Arrange frozen fish on the baking sheet. Bake fish sticks according to package instructions.

While oven is heating and fish sticks are baking, combine 1 tablespoon sour cream, mayonnaise, 1 tablespoon lime juice, chipotle*, sugar, vinegar, zest, 1/4 teaspoon salt, and pepper in a medium bowl, stirring with a whisk. Add coleslaw; using tongs, toss to coat.

Combine remaining 2 tablespoons sour cream, remaining 1 tablespoon lime juice, remaining 1/8 teaspoon salt, milk, avocado, and garlic in a mini food processor; process until smooth.

Heat tortillas according to package directions. Using servings spoons and/or spatula, top each tortilla with about 1 tablespoon avocado mixture, 2 fish sticks, and 1/3 cup slaw mixture. Serve with lime wedges.

Cooking Light – 9/13

*Chipotles are smoked/dried jalapeno peppers. Many times they are in a spicy adobo sauce, such as those used in this recipe. When handling the peppers, it is recommended to wear gloves such as those mentioned above. After handling the peppers, carefully remove the gloves and dispose of them immediately. Whether you're wearing gloves or not, do not touch your face, eyes or nose. Wash your hands thoroughly immediately after handling the peppers.