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Mahi-Mahi Fish Tacos

Eating for a healthy heart can be delicious. Check out these spicy mahi-mahi fish tacos with a crispy crust and creamy avocado sauce. The jicama adds a satisfying crunch and is packed with fiber to keep you feeling full. Ready in just 20 minutes!

Ingredients

- 4 (4 ounce) skinless mahi-mahi fillets
- 1 teaspoon chili powder
- ½ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt, divided
- 1 avocado
- ⅓ cup plain whole-milk Greek yogurt
- ⅓ cup water
- 2 tablespoons lime juice
- 6 (6 inch) corn tortillas, warmed
- ½ cup jicama matchsticks
- 1 red Fresno chile or jalapeño pepper, seeded and sliced
- ½ cup loosely packed fresh cilantro leaves

Preparation

1. Sprinkle fish evenly with chili powder and pepper. Heat oil in a large nonstick or cast-iron skillet over medium-high heat. Add the fish; cook until golden brown and cooked through, about 3 minutes per side. Transfer to a paper-towel-lined plate; sprinkle evenly with ¼ teaspoon salt. Set aside.

2. Place avocado, yogurt, water, lime juice and the remaining ¼ teaspoon salt in a blender; process until well combined and smooth, about 30 seconds.

3. Use a fork to flake the fish into large pieces. Top tortillas with the fish, jicama, the avocado sauce, sliced chile (or jalapeño) and cilantro. Serve immediately.

Nutrition (per serving)

Yield 4 servings; calories 355; fat 14g; total carbohydrates 32g; protein 27g.

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