



### Deanne Garrett

Better Living for Texans  
Program Assistant

Texas A&M AgriLife Extension  
Fort Bend County

1402 Band Road, Suite 100  
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040  
Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

[deanne.garrett@ag.tamu.edu](mailto:deanne.garrett@ag.tamu.edu)

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

## Fish Tacos

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Cost per serving:** \$1.23

### What you need:

#### Utensils:

- Measuring cups & spoons
- Knife & cutting board
- Mixing bowl
- Mixing spoon
- Skillet

#### Ingredients:

- 1/3 cup light ranch-style dressing
- 2 tablespoons lime juice
- 1 teaspoon chili powder
- ¼ teaspoon pepper
- 1 jalapeño pepper, seeded and chopped fine (optional)
- 4 cups chopped romaine lettuce
- 10 6-inch corn tortillas
- 2 tablespoons vegetable or canola oil
- 2 tablespoons cornmeal
- 1 pound firm white fish (catfish or tilapia)
- 1 tomato, chopped (optional)

#### What to do:

1. Wash your hands and clean your cooking area.
2. Stir together the dressing, lime juice, chili powder, pepper, and jalapeño (if desired). Pour over romaine and stir to mix well.
3. Cover and place in refrigerator until serving time.
4. Warm the corn tortillas according to package directions.
5. Heat the oil in a small non-stick skillet over medium heat until hot, but not smoking.
6. While the oil heats, spread the cornmeal on a plate.
7. Pat the fish pieces in the cornmeal to coat on all sides.
8. Fry the fish in hot oil until the cornmeal is lightly browned. Remove and drain on paper towels. Cook until fish flakes.

### Nutrition Facts

Serving Size 2 tacos	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 350</b>	Calories from Fat 150
<hr/>	
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 5g	20%
Sugars 3g	
<b>Protein 21g</b>	
<hr/>	
Vitamin A 70%	Vitamin C 15%
Calcium 6%	Iron 8%