

Easy Fish Tacos

INGREDIENTS

- 6 whole-wheat flour tortillas
- 1 12-ounce can tuna packed in water, drained
- 2 cups shredded iceberg lettuce
- 1 small onion, chopped
- 2 medium tomatoes, chopped
- 4 ounces grated, reduced-fat Monterey Jack or cheddar cheese
- Taco sauce or fat-free sour cream (optional)

DIRECTIONS

1. Place two heaping tablespoons of tuna across the middle of each tortilla.
2. Add lettuce, tomatoes, onion and cheese to each taco.
3. Fold in half, and serve with taco sauce and sour cream (optional).



Recipe courtesy of Academy of Nutrition & Dietetics

Serves: 4 | Serving size: 1 taco

Nutrition Information: Calories: 238; Total Fat: 8.9g; Saturated Fat: 2.8g; Cholesterol: 37.3mg; Sodium: 551mg; Total Carbohydrate: 26.3g; Dietary Fiber: 3g; Protein: 22.8g.