



Grilled Fish Tacos with Spiced Sour Cream

Prep: 15 minutes

Cook: 6 minutes • Serves: 4

- ½ cup sour cream
- 2 tablespoons favorite seafood seasoning or rub
- 1¼ pounds tilapia fillets
- 2 teaspoons vegetable oil
- 8 soft taco flour tortillas
- 1 medium avocado, chopped
- 1 cup cherry tomatoes, quartered

1. Heat grill pan over medium heat. In small bowl, stir sour cream and 1½ teaspoons seafood seasoning.

2. Coat tilapia with oil; sprinkle with remaining 1½ tablespoons seafood seasoning. Place tilapia in pan; cook 6 minutes or until internal temperature reaches 145°F, turning once halfway through cooking. Transfer tilapia to plate; loosely cover with aluminum foil and let stand 5 minutes.

3. Cut tilapia lengthwise in half. Fill tortillas with tilapia, avocado and tomatoes; evenly top with Spiced Sour Cream.

Approximate nutritional values per serving:

552 Calories, 24g Fat (8g Saturated), 141mg Cholesterol, 1277mg Sodium, 49g Carbohydrates, 7g Fiber, 46g Protein

Helpful tips:

> If time allows, let the Spiced Sour Cream sit 30 minutes or longer to allow the flavors to meld.

A common problem when preparing fish is overcooking, resulting in a dry texture. Properly cooked fish should be just opaque, flaky and moist.

Serve with lime wedges for squeezing over the tacos.