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| Healthy Fish Tacos  A stove top recipe that’s ready in 10 minutes. Ingredients:  |  |  | | --- | --- | | 16oz  8  16 oz  6 oz  2 TB  Bunch  To taste | Haddock, Sole, or Tilapia-$6.00  Soft Shell Corn Tortilla-$2.00  Shredded Cabbage-$2.00  Frozen Chopped Onions, Thawed and Drained-$1.00  Lemon or Lime juice  Fresh Cilantro-$1.00  Cumin  Salt  Salsa Verde- $2.50 | |  |  |  Directions: A dutch oven works best to avoid splatters but a frying pan will work just as well. Add a bit of olive oil to your pan and sauté your onions until brown. It’s best to add your spices while your onions are cooking. Feel free to add whatever spices your family enjoys. Next add your bag of cabbage (coleslaw mix). Add your lemon or lime juice to your pan. Add your fish to the pan. While your fish is cooking heat your tortillas in the microwave. Snip your cilantro over your dish towards the end of cooking. Your fish will easily break apart when it is finished cooking. You can use any condiments you like such as green or red salsa, cheese, olives, and avocado. | Logo  Description automatically generated |
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