

Fish Taco Bowls with Cilantro Lime Slaw

Serves 4

Ingredients:

Slaw:

1/4 cup extra-virgin avocado oil

Juice of 2 limes

2 cloves garlic

1/2 cup plain Greek yogurt

1 bunch cilantro

Pinch of salt

4 cups shredded cabbage

Fish:

1/2 cup flour

1 teaspoon ground cumin

1 teaspoon chili powder

1 teaspoon ground oregano

1/2 teaspoon sea salt

1/2 teaspoon black pepper

1 pound firm white fish filets, cut into strips

3 tablespoons extra-virgin avocado oil

To serve:

2 cups cooked quinoa or rice

Sliced avocado

Cheese of your choice

Sliced tomatoes

Nuts or tortilla chips

Lime wedges

Chopped cilantro

Directions:

Put the avocado oil, lime juice, garlic, yogurt, and cilantro in a blender or food processor. Add about a 1/4 cup water, and blend until garlic and cilantro are chopped. It will be a fairly thin consistency. Put the cabbage in a bowl and toss with the dressing.

For the fish, combine the flour with the seasonings and dredge the fish pieces in the mixture. Heat a heavy skillet to medium high heat until very hot. Add the oil, and fry the fish until crisp and browned.

To serve, divide the quinoa between bowls and top with the slaw, the fish, and your desired toppings.