

# Fish Tacos with Sweet Pickle Sauce

**Cooking time:** 20 minutes

**Serves:** 4

## Ingredients

### Fish

- Cooking spray
- 4 (5-oz) tilapia fillets
- 1 tsp chili powder
- ½ tsp kosher salt, divided
- ½ tsp freshly ground black pepper, divided
- ¼ tsp ground red pepper
- ½ tsp ground cumin

### Sauce

- ⅓ cup canola mayonnaise
- 2 Tbsp sweet pickle relish

### Tacos

- 8 (6-in) corn tortillas
  - 1 avocado, cut into 8 wedges
  - 1 cup tomato wedges, cut into 16 wedges
  - ½ cup fresh cilantro leaves
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## Directions

1. **Prepare fish:** Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle fish evenly with chili powder, ¼ tsp salt, ¼ tsp black pepper, red pepper, and cumin. Add fish to pan; cook 3 minutes on each side or until fish flakes easily with a fork. Cut each fillet into slices.
2. **Make sauce:** Combine mayonnaise, pickle relish, and remaining ¼ tsp salt, ¼ tsp black pepper. Stir until smooth.

3. **Assemble tacos:** Heat tortillas according to package directions. Divide fish, avocado, tomato, and cilantro evenly among tortillas. Drizzle with sauce.
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**Nutrition (per serving):**

- Calories: 327
- Fat: 17g
- Sat Fat: 3g
- Mono Fat: 7g
- Poly Fat: 5g
- Protein: 22g
- Carbs: 24g
- Fiber: 5g
- Cholesterol: 57mg
- Iron: 1mg
- Sodium: 550mg
- Calcium: 57mg