



TINFOIL BAKED FISH TACO

Advanced Lifestyle

Ingredients

- 4 raw tilapia (fresh or thawed) (5 oz.)
- 4 corn tortilla wraps (medium to large)
- 1-1/3 cups thinly sliced onion
- 1-1/3 cups thinly sliced bell pepper (any color)
- 1 cup canned (drained, rinsed) black beans
- ¼ cup lime juice
- 2 TSP taco seasoning mix

Instructions

1. Preheat oven to 400°.
2. Place fish and sliced veggies in a bowl, and spray with a light mist of nonstick spray. Sprinkle with taco seasoning and lime juice, and then toss to combine.*

**Note: Do this one fillet at a time with 1/3 cup sliced onion, 1/3 cup thinly sliced bell peppers, 1 TSP lime juice, and ½ TSP taco seasoning mix.*
3. Set out a large piece of tinfoil, and transfer seasoned fish and veggies to the center of the foil. Wrap foil up around the contents to completely enclose it.
4. Set foil packets on a baking pan, and place in the oven. Cook for approximately 10 minutes, until fish is cooked through and flakes apart easily with a fork. Drain excess liquid from the packets, and allow to cool for a few minutes.
5. Toast or warm tortillas slightly, and then place ¼ cup beans in the center of each. Add ½ of each fish fillet and 1/3 cup veggies to each tortilla. Fold up the sides and enjoy.

Portion-Per-Serving Information (Yields 4 servings)

1 serving = 1 tortilla = 1 P, 1 V, 1 G