

ROASTED FISH CRISPY SLAW WRAP

Preparation Time: 40-45 minutes
Cook Time: 12 minutes
Servings: 6 (1 wrap per serving)



INGREDIENTS

1 Tbsp salt-free chili-lime seasoning blend
1 Tbsp olive oil
6 (4 oz) tilapia pieces, filet, thawed
2 ½ cups red cabbage (1 small)
2 cups white cabbage (1 small)
1 ½ cups carrots (2 medium)
1 cup bok choy (1 small)
2 Tbsp cilantro, chopped (1 small bunch)
¾ cup light Balsamic vinaigrette dressing (2/3 of a 9 oz bottle)
6 (8 inch) whole grain tortillas
1 ½ cup romaine lettuce (1 small head)
1 medium ripe avocado
2 small limes

DIRECTIONS

1. Preheat oven to 375°F.
2. Shred cabbages and carrots.
3. Cut bok choy and lettuce into long, thin “shoestring strips” (Julienne style).
4. Chop cilantro, cut limes into quarter sections.
5. Peel and slice avocado into 6 slices. Take 1 lime quarter and drizzle lime juice over avocado slices to prevent browning.
6. Sprinkle seasoning blend and olive oil on tilapia. Place on a baking sheet (12½” x 17½” x 1”) lined with parchment paper. Bake uncovered at 375°F for 12 minutes until internal temperature reaches 145°F or until tilapia is opaque and flakes with a fork.
7. While tilapia is in the oven, combine red and green cabbage, carrots, bok choy, cilantro and balsamic dressing in a large bowl to make the slaw. Keep in refrigerator at 40°F.
8. Remove tilapia from oven.
9. Put ¼ cup of lettuce on each tortilla. Cut each piece of fish in half and place both fish halves on top of lettuce. Put 1 cup of cabbage slaw on top of fish. Place a slice of avocado on top of slaw mixture. Squeeze lime on top of mixture. Roll the tortilla “burrito-style” until all the contents cannot be seen.
10. Cut wraps through the middle, at an angle.