



# BAKED FISH TACOS

January 25

National Fish Taco Day



## INGREDIENTS

- 1¼ Pounds Halibut Filets
- 1 Tablespoon Olive Oil (extra virgin)
- 1 Tablespoon Chili Powder
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Salt
- ½ Teaspoon Paprika
- ¼ Teaspoon Garlic Powder
- ¼ Teaspoon Onion Powder
- ¼ Teaspoon Dried Oregano
- ¼ Teaspoon Black Pepper
- 9 Tortillas, Soft, Corn (about 5½")
- 3 Large Avocados (ripe, sliced)
- 2 Medium Roma Tomato (diced)
- ⅔ Cup Purple Onion (diced)
- ½ Cup Cilantro (chopped)
- ½ Cup Cotija Cheese (crumbled)
- 4 Limes (cut into wedges)

## DIRECTIONS

1. Preheat oven to 425° F and line a baking sheet with parchment paper or foil. Pat dry the fish filets with paper towels to remove as much moisture as possible. Drizzle the fish with the olive oil on all sides.
2. Combine all the seasonings and sprinkle over the fish on all sides. Place fish on prepared baking sheet and bake for 12 to 15 minutes, until fish flakes easily at thickest point. Temperature of fish should reach 140°F.
3. Break fish apart and divide between warm corn tortillas, along with toppings.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

9 Tacos

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Taco	1 Taco	1½ Tacos	2½ Tacos