Seafood Spicy Catfish Tacos

COOK TIME: 15 MIN
SERVES: 2

Ingredients:
1 cup red cabbage, shredded
1 medium carrot, peeled and shredded
½ spring onion, finely chopped
¼ cup fat-free sour cream
2 tsp hot sauce
1 tsp lime juice
2 (5 oz) catfish fillets
¼ tsp ground cumin
Salt
Ground black pepper
Cooking spray
4 whole-grain tortillas

Directions:
1. In a medium-sized mixing bowl, add the cabbage, carrots, spring onion, sour cream, hot sauce, and lime juice, mix until combined. Set aside.
2. Season both sides of the catfish with cumin, salt, and pepper.
3. Spray a medium-sized, heavy-bottom pan with cooking spray and place it over medium-high heat. Add the catfish fillets and cook for 6 minutes per side, turning once, until cooked completely through.
4. Divide the catfish among the tortillas and top with the spicy cabbage slaw. Serve.

Per Serving: Calories: 305; Total Fat: 3g; Saturated Fat: 0g; Cholesterol: 72mg; Sodium: 295mg; Total Carbs: 37g; Net Carbs: 7g; Protein: 31g