RECIPE

Baked cod tacos with red cabbage slaw

A dinner of oven-baked cod, rubbed with chili, cumin and smoked paprika, tucked into warm corn tortillas with a red cabbage and carrot slaw in a yogurt-lime dressing.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 1 lb cod fillets, skinless
- [ ] 1 tbsp olive oil, brushed on the fish
- [ ] 2 tsp chili powder
- [ ] 1 tsp ground cumin
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp garlic powder
- [ ] ¼ tsp black pepper
- [ ] ½ tsp salt, for the fish
- [ ] 1 lime, juiced, squeezed over the baked fish
- [ ] 4 cups shredded red cabbage
- [ ] 1 cup grated carrot
- [ ] 0 tsp salt, for the slaw
- [ ] 1 container plain nonfat Greek yogurt
- [ ] 2 limes, juiced, for the dressing
- [ ] 1 tbsp cider vinegar

Method

1. Heat the oven to 425 °F. Line a sheet pan with parchment. Pat the cod dry and cut it into 4 even pieces, each about 1 inch thick.

2. Stir the chili powder, cumin, smoked paprika, garlic powder, black pepper and the ½ tsp salt together in a small dish. Brush the olive oil over both sides of the fish, then sprinkle the spice mix over it. Set the pieces on the pan.

3. Bake 10 to 12 minutes, until the fish turns opaque all the way through and flakes with a fork. The thickest piece should read 145 °F (USDA). Oven temperatures are not changed by altitude, so this is the same at 5,300 ft.

- [ ] 1 cup loosely packed cilantro leaves
- [ ] 12 corn tortillas, unsalted (6-inch, 26 g each)

4. While the fish bakes, toss the red cabbage and carrot with the ⅛ tsp salt in a large bowl and leave it for 10 minutes to soften. In a small bowl whisk the yogurt, the juice of 2 limes and the cider vinegar until smooth. Pour it over the slaw, add the cilantro and toss. Do not drain the bowl.
5. Squeeze the juice of the last lime over the hot fish. Break each piece into 3 large chunks.
6. Warm the tortillas one at a time in a dry skillet over medium-high heat, 20 to 30 seconds a side, until soft with a few brown spots. Stack them in a clean towel.
7. Lay a chunk of fish in each tortilla and pile slaw on top. Serve 3 tacos a plate.
8. Cool leftovers within 2 hours (within 1 hour if it is above 90 °F), then refrigerate. Reheat the fish to 165 °F. The slaw is best the day it is made.