



Cilantro Lime Fish Tacos

shared by:
Fire Station 68
3260 NW 147th Place, Portland



Firefighter/Paramedic Jen Pelster says, "I enjoy cooking this for my family and the crew on a very regular basis." We typically add a corn or mango salsa to the fish tacos and serve with black beans on the side. You can customize your sides based on dietary needs or just eat these tacos a la carte.

Ingredients

Tortillas:

1 cup grated cauliflower
1/4 cup egg beaters
3/4 cup reduced-fat shredded Mexican cheese
1/8 teaspoon Southwest Chipotle Mrs. Dash

Taco filling:

4 ounces Tilapia, cooked as desired
1/2 cup shredded cabbage

Cilantro Lime Ranch Drizzle:

2 tablespoons ranch dressing
1/4 cup chopped cilantro
2 teaspoons fresh lime juice

Directions

Preheat oven to 425 degrees. Line a 1/4 sheet cake pan with parchment paper. Wrap tilapia in foil and bake for 20 minutes or until flaky. Grate 1 cup of cauliflower and place in a medium-sized bowl. Add 1/4 cup egg beaters, 1/2 cup cheese. Add Mrs. Dash. Add salt and pepper to taste. Mix with a spoon and place in four 1/3 cup piles on the parchment. Spread each pile as thin as possible in a circle, avoiding holes in the mixture. Bake for 30 minutes, flipping at 15 minutes. The crust will be browned and look a bit like a quiche looks on the top. For the Cilantro Lime Ranch Drizzle, finely chop the cilantro. Place in bowl with the ranch and lime juice; stir until blended. Add a touch of salt if necessary. Cut the tilapia into four pieces; place a piece of tilapia on each tortilla, top with shredded cabbage and drizzle.

Station 68 serves the Oak Hills and Bethany communities. The current station is a 1970 home adapted for use as a fire station. The communities' response needs will be met over the next 30+ years from Station 68's new location at 13545 NW Evergreen; construction of the new station will be completed in 2014.