



## Baked Fish Tacos with Avocado



Prep  
20 m

Ready In  
25 m

*Recipe By:* Carolyn Casner

“Instead of deep-frying, the fish fillets in this quick-and-easy 5-ingredient recipe are coated with a flavorful seasoning blend and baked. Several varieties of flaky white fish can be used for these tacos. When you go to the market to purchase fish, the best strategy is to be flexible and choose the variety that looks freshest that day.”

### Ingredients

- 1 tablespoon avocado oil
- 2 teaspoons no-salt-added Mexican-style seasoning blend
- ½ teaspoon salt
- 1 pound flaky white fish fillets, such as cod, haddock or mahi mahi, cut into 8 or 16 pieces
- 1 avocado, cut into 16 slices
- ½ cup pico de gallo
- 8 corn tortillas, warmed

### Directions

- 1 Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.
- 2 Stir oil, seasoning blend and salt together in a medium bowl. Add fish and toss to coat. Transfer to the prepared baking sheet and bake until the fish flakes easily, about 10 minutes, depending on thickness.
- 3 To assemble tacos, place 1 or 2 pieces of the fish, 2 slices avocado and 1 tablespoon pico de gallo in each tortilla.

---

ALL RIGHTS RESERVED © 2018 EatingWell.com

Printed From EatingWell.com 4/9/2018