

Titillating Tilapia Tacos

1 lb. Tilapia Fillets
1 Tbsp. Olive Oil
12 Corn Tortillas
1 Small Red Onion, diced
1 Medium Tomato, diced
1 Jalapeño, finely diced
2 Cloves Garlic, finely minced
Juice of 1 Lime

¼ tsp. Cumin
¼ tsp. Coriander
¼ tsp. Chili Powder
Salt and Pepper to taste
¼ head of Green Cabbage, sliced
½ C. Plain Greek Yogurt
½ C. Light Sour Cream
4 oz. Cotija Cheese, crumbled

Combine onion, tomato, jalapeño, cilantro, garlic, lime, cumin, coriander, chili powder, and salt and pepper to taste. Taste, and adjust seasoning. This should be strongly flavored, as we're not going to do much to the tilapia fillets. Add cabbage to salsa mixture, cover, and refrigerate. Combine yogurt and sour cream in a small bowl, cover and refrigerate. Heat a large skillet over medium-high heat, and add in olive oil. Season the tilapia fillets with salt and pepper, and add to pan, cooking until done, about 3 minutes for each side. Place tortillas in a warm towel and microwave for one minute. Flake the tilapia fillets, and add 1/3 of each fillet to a tortilla, top with salsa/cabbage mixture, cream sauce, and cotija cheese. Serve with lime wedges, and enjoy!

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