 MENU IDEA: Fish Tacos, Apple and Orange Slices, Carrot Sticks, Nonfat Milk

## Ingredients:

- ½ cup light ranch-style dressing
- 2 tablespoons lime juice
- 1 teaspoon chili powder
- ¼ teaspoon pepper
- 1 jalapeño pepper, seeded and chopped fine (optional)
- 4 cups coleslaw mix or broccoli slaw
- 10 6-inch corn tortillas
- 3 tablespoons vegetable or canola oil
- 2 tablespoons cornmeal
- 1 pound firm white fish (tilapia, swai, domestic mahi-mahi, or halibut), cut in 1-inch pieces or in 10 strips
- 1 tomato, chopped (optional)

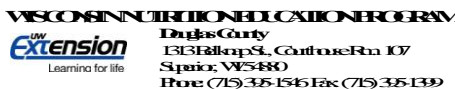
## Directions:

1. Stir together the dressing, lime juice, chili powder, pepper, and jalapeño (if desired). Pour over coleslaw mix and stir to mix well. Cover and place in refrigerator until serving time.
2. Warm the corn tortillas according to package directions.
3. Heat the oil in a small non-stick skillet over medium heat until hot, but not smoking. While the oil heats, spread the cornmeal on a plate. Pat the fish pieces in the cornmeal to coat on all sides. Fry the fish in hot oil until the cornmeal is lightly browned, 1 to 2 minutes per side. Remove and drain on paper towels.
4. Top each tortilla with some of the fish and some of the coleslaw mix. Fold in half and serve with the chopped tomato, if desired.

### Cooking Tip

- The jalapeño pepper intensifies the flavor, but remember to wear gloves when handling it and do not touch your eyes or face because it will sting. If you don't have disposable gloves, place your hands inside plastic bags. If desired, use hot pepper sauce or cayenne pepper instead.

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