

# FISH TACOS



## INGREDIENTS:

- 4 oz cod
- 2 tbsp chipotle seasoning
- 2 low carb wraps
- 1/4 cup black beans
- 2 tbsp Bombshell guacamole
- 2 tbsp salsa
- fresh cilantro to taste
- 1 tbsp Queso fresco or feta cheese
- 1/2 lime

## DIRECTIONS:

- 1) Heat a pan on medium heat, spray with cooking spray
- 2) Season cod with chipotle seasoning
- 3) Lower heat to medium-low, place cod on pan and cover
- 4) Cook covered for 10-15 minutes or until internal temperature reached 145 F
- 5) Assemble your tacos! Split cod and remaining ingredients on the two tortillas
- 6) Squeeze fresh lime juice before enjoying

Enjoy!

Makes 2 Tacos | Serving Size 1 Taco  
Calories: 170 | Protein: 20 g | Carbs: 24 g | Fat: 4 g | Fiber 14 g