



PREPARATION: 15 MINUTES

COOKING: 15 MINUTES

FISH TOSTADA

INGREDIENTS

4 corn tortillas

Cod fillets (1 lb total)

2 tablespoons dried oregano

¾ cup plain yogurt
(or Balkan-style)

1 clove garlic, minced

1 teaspoon lime zest

¼ cup cilantro, chopped

1 cup shredded iceberg salad

½ cup sliced radish

2 teaspoons lime juice

PREPARATION

- 1** Preheat oven to 350°F.
- 2** Arrange corn tortillas on a baking sheet and place them in the oven for 5 minutes until crispy. Remove them and set them aside.
- 3** Increase oven temperature to 450°F. Line a baking sheet with parchment paper (or use silicone) and place the pieces of fish on top. Season with oregano and black pepper. Bake for 10 minutes.
- 4** While the fish is in the oven, prepare the sauce. In a small bowl, combine yogurt, garlic, lime zest, and cilantro.
- 5** Dress each tortilla with fish, lettuce, radish and sauce. Garnish with some lime juice to taste.

TIP: You can use other types of white fish for this recipe, such as tilapia, haddock, turbot, or halibut.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Protein + 1 Starch + 1 Vegetable

Calories **185 Kcal**

Protein **22 g**

Carbohydrates **16 g**

Fibre **3 g**

Total Fat **3 g**

Saturated Fat **2 g**

Cholesterol **67 mg**

Sodium **415 mg**

Potassium **503 mg**

Phosphorus **493 mg**