

Low-Glycemic Fish Tacos with Fresh Tomatillo Salsa

Protein-rich white fish meets crisp cabbage slaw in whole wheat tortillas, creating a blood sugar-friendly Mexican feast that's ready in under 30 minutes.

Prep: 10 min

Cook: 20 min

Total: 30 min

Servings: 4

GL 7.1 / GI 28

Ingredients

Lean protein with zero glycemic impact whitefish fillets, such as cod or tilapia

Optional, to taste salt

Optional, to taste black pepper

Low GI vegetable, high in fiber Napa cabbage, shredded

May support insulin sensitivity ground cumin

Adds flavor without glycemic impact paprika

Contains capsaicin for metabolism support chili powder

Low to medium GI when raw small yellow onion, finely diced

Zero glycemic impact, rich in antioxidants fresh cilantro, minced

Capsaicin may aid glucose metabolism red Fresno peppers, diced

Low glycemic, adds vitamin C lime, zest and juice

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Low carb, minimal glycemic impact tomatillo salsa

Lower GI than white flour tortillas, contains fiber whole wheat tortillas, 6-inch diameter

Instructions

Step 1

Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly coat with cooking spray to prevent sticking.

Step 2

Pat the cod fillets dry with paper towels and place them on the prepared baking sheet. Season both sides lightly with salt and black pepper if desired. The fish's natural flavor will shine through with minimal seasoning.

Step 3

In a small bowl, combine the cumin, paprika, and chili powder. Sprinkle this spice blend evenly over the top of the fish fillets, creating a flavorful crust that will develop during baking.

Step 4

Bake the seasoned fish for 18-20 minutes, until it flakes easily with a fork and reaches an internal temperature of 145°F. The fish should be opaque throughout and tender. Remove from oven and let rest for 2 minutes.

Step 5

While the fish bakes, prepare the fresh slaw by combining the shredded Napa cabbage, sliced scallions, minced cilantro, and diced Fresno peppers in a large mixing bowl. Add the lime zest and lime juice, then toss everything together until well combined.

Step 6

Stir the tomatillo salsa into the cabbage mixture, ensuring all vegetables are evenly coated. Taste and adjust seasoning if needed. This slaw can rest at room temperature while the fish finishes cooking.

Step 7

Warm the whole wheat tortillas by placing them directly over a gas flame for 10-15 seconds per side, or heat them in a dry skillet over medium heat for about 30 seconds per side until pliable and lightly toasted.

Step 8

Using a fork, gently flake the baked fish into bite-sized pieces. Divide the fish evenly among the four warmed tortillas, then top each generously with the cabbage-tomatillo slaw. Serve immediately while the tortillas are warm and the fish is tender, enjoying the contrast of textures and the bright, zesty flavors.