

The Chobani® Nutrition Center works together with dietitians, nutrition scientists, and other health professionals to identify and inspire simple shifts that support healthy eating patterns and improve the health of Americans wherever they live, work, play or go to school. As a nutrient-intense dairy food, Chobani® Greek Yogurt is an easy way to make your favorite recipe healthier and can serve as a source of inspiration for your next meal or snack.

We've teamed up with the American Heart Association® to certify several of our recipes so that you can be sure that, in addition to being delicious, they fit within a heart-healthy eating pattern. Check out this American Heart Association certified recipe:

Chobani® Fish Tacos

Instead of sour cream, these fish tacos use Chobani® Greek Yogurt as a simple shift for a healthier weeknight meal.

Ingredients

¼ cup Non-Fat Plain Chobani® Greek Yogurt
2 plum tomatoes, seeded, chopped
1 mango, peeled, pitted, finely chopped
¼ cup fresh cilantro, finely chopped
2 tbsp. sweet Thai chili sauce
1 tsp. kosher salt
12 oz. grouper or snapper fish fillets
1 lime, halved
½ tsp. freshly ground black pepper
1 tsp. extra virgin olive oil
4 - 7inch corn tortillas
4 romaine lettuce leaves, thinly sliced crosswise

Recipe

1. In a medium bowl stir together tomatoes, mango, Chobani® Greek Yogurt, cilantro, chile sauce and ½ tsp. salt. Set aside.
2. Place fish on a foil-lined, rimmed baking sheet. Squeeze with ½ lime, sprinkle with ½ tsp. salt and drizzle with olive oil. Adjust oven rack to highest position and heat broiler to high. Broil fish until it is semi-firm to light pressure and charred around the edges, 2 to 3 minutes. Remove and set aside.
3. Warm tortillas in a nonstick skillet over medium-high heat.
4. Remove skin from fish and divide fish among tortillas. Squeeze with remaining half lime, top with Chobani®-mango mixture and lettuce. Serve.

Nutrition Information: Yields 4 servings. Serving size: 1 taco (about 230g). Nutrition Facts Per Serving: 260 Calories; 3g Total Fat; <0.5g Saturated Fat; 40mg Cholesterol; 590mg Sodium; 700mg Potassium; 33g Carbohydrate; 18g Sugar; 4g Dietary Fiber; 27g Protein; 75mg Calcium. **For more information, visit: Chobani.com/NutritionCenter and HeartCheck.org.** © 2017 Chobani, LLC



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