



PREPARATION: 15 MINUTES | COOKING: 15 MINUTES | SERVINGS: 4

FISH TOSTADAS

INGREDIENTS

4 corn tortillas (yellow or white)

4 fresh cod fillets
(1 pound total)*

2 tablespoons dried oregano

*Freshly ground black pepper,
to taste*

Yogurt sauce

¾ cup plain yogurt

1 clove garlic, minced

1 teaspoon grated lime zest

¼ cup chopped fresh cilantro

Toppings

1 cup shredded iceberg lettuce

½ cup thinly sliced radishes

*2 teaspoons lime juice
(plus more to taste)*

PREPARATION

- 1** Preheat the oven to 350°F. Arrange the tortillas on a baking sheet and bake for about 5 minutes, until crisp. Remove and set aside.
- 2** Increase the oven temperature to 450°F. Line a baking sheet with parchment paper or a silicone baking mat and place the fish fillets on top. Season fish with the dried oregano and black pepper. Bake for about 10 minutes, until the fish flakes easily with a fork.
- 3** While the fish bakes, make the sauce: In a small bowl, stir together the yogurt, garlic, lime zest, and cilantro.
- 4** To assemble, spread a spoonful of yogurt sauce on each tortilla. Top with lettuce, radishes, and a piece of fish. Drizzle with lime juice to taste.

** Any firm white fish such as tilapia, haddock, turbot, halibut, grouper, or mahi also works well in this recipe. If using frozen fish, thaw and pat-dry before baking. Read food labels and avoid fish with additives.*



FISH TOSTADAS



Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

2 ½ Lean Meat + 1 Starch
+ 1 Lower-Potassium Vegetable

Calories **169 kcal**

Protein **21 g**

Total Carbohydrate **15 g**

Fiber **3 g**

Sugars **2 g**

Fat **3 g**

Saturated **1 g**

Cholesterol **58 mg**

Sodium **382 mg**

Potassium **498 mg**

Phosphorus **456 mg**

Calcium **112 mg**

Diet Types

✓ CKD Non-Dialysis

✓ Dialysis/Diabetes

✓ Dialysis

✓ Transplant

PHOSPHORUS CHECK ✓

Frozen fish and reading labels

With a kidney-friendly diet, protein can come from either plant or animal sources, offering a variety of cost-effective options. Incorporating different types of fish adds a lean protein choice that also provides heart-healthy omega-3 fatty acids. Frozen fish can be less expensive, but it's important to read the ingredient list to make a healthy selection.

Protein content in fish, fresh or frozen, remains consistent when portions are the same. A 3-ounce serving typically provides 17 to 22 grams of protein. Natural phosphorus and potassium in fish are also similar in both forms. Certain fish, such as salmon and trout, are naturally higher in these minerals compared to cod or tuna. In general, most fish are low in sodium unless it has been added.

The biggest differences in nutrition come from additives to some frozen fish products. Reviewing the ingredient list can help identify these unwanted additives. Ingredients like sodium phosphate, potassium phosphate, or sodium nitrate add to the sodium, potassium, or phosphorus content. While these additives help maintain texture and appearance, they can be harmful for individuals with chronic kidney disease. When purchasing frozen fish, look for products without additives and key phrases such as “no added phosphates,” “no added salt,” or “no additives.”

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