



HEALTHY RECIPES

Recipe for: Sautéed Tilapia Tacos with Grilled Peppers and Onion

Ingredients:

- 1 lb. tilapia fillets, rinsed and pat dried
- 1 tsp. olive oil
- 1 small onion, chopped
- 4 garlic cloves, finely minced
- 2 jalapeño peppers, chopped (remove seeds for less heat)
- 2 cups diced tomatoes
- 1/4 cup fresh cilantro, chopped
- 3 tbsp. lime juice
- salt and pepper to taste
- 8 5-inch white corn tortillas
- 1 medium has avocado, sliced
- lime wedges and cilantro for garnish

Directions:

Heat olive oil in a skillet. Sauté onion until translucent, then add garlic. Mix well. Place tilapia on the skillet and cook until the flesh starts to flake. Add jalapeño peppers, tomatoes, cilantro and lime juice. Sauté over medium-high heat for about 5 minutes, breaking up the fish with the spoon to get everything mixed well; season to taste with salt and pepper. heat tortillas on a skillet a few minutes on each side to warm (no oil needed). Serve a little over 1/4 cup of fish on each warmed tortillas with a slice or 2 of avocado and enjoy.

Nutritional Info

Servings: 4 • **Serving Size:** 2 tacos

Calories: 319 • **Fat:** 12 g • **Protein:** 26.5 g • **Carb:** 33.7 g • **Fiber:** 9.7 g • **Sugar:** 3.6 g

Sodium: 76.2 mg (without salt)

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