

FIESTA TILAPIA WITH RICE

Fiesta Tilapia with Rice

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium

Serves: 4 (Serving= 1 cup rice and veggies and 1 tilapia fillet)

Nutrition (per serving)

Calories: 350	Total Carbohydrate: 29
Total Fat: 11 g	Dietary Fiber: 3.5 g
Saturated Fat: 4.5 g	Protein: 34 g
Sodium: 442 mg	

Ingredients

Rice and veggies

- 1 Tablespoon canola oil
- 2 small zucchini, coarsely chopped
- 1 small yellow squash, coarsely chopped
- 1 cup onion, diced
- 1 cup bell pepper, diced
- 1 Tablespoon hot chili sauce (like Sriracha®)
- 1 Tablespoon chili powder

Fish

- Cooking spray

- ½ teaspoon cumin
- ½ Tablespoon garlic powder
- 1/8 Tablespoon black pepper
- ¼ teaspoon garlic salt
- 1 (2 cup) boil in bag brown rice (cooked according to package directions)

- 4 - 4 ounce tilapia filets

- 2 teaspoons cumin
- ½ Tablespoon chili powder
- ½ Tablespoon garlic powder

- ¼ teaspoon garlic salt
- 1 cup light shredded Mexican or taco flavored cheese

Directions

1. In a large skillet, cook vegetables in canola oil on medium-high for 10-12 minutes. Add seasonings half way through and stir throughout the cooking time. Once vegetables are tender, add cooked brown rice and stir to combine. Set aside in a bowl.
2. Spray same large skillet with cooking spray and cook tilapia filets for 3-4 minutes on both sides, adding the seasonings equally to both sides.
3. Place rice and veggies on plate, sprinkle with shredded cheese and top with tilapia filet.