

# Broiled Tilapia with Pineapple Relish

Yield: 4 servings

Serving size: 1 4-oz fish filet, ¼ cup relish

Prep Time: 15 minutes



## Ingredients

- ✓ 2 teaspoons olive oil
- ✓ 1 teaspoon ground cumin
- ✓ 1 teaspoon paprika
- ✓ 4 (4-ounce) tilapia fillets
- ✓ 1 ¼ cups pineapple tidbits canned in natural juice
- ✓ ¼ cup chopped onion
- ✓ ¼ cup chopped plum tomato
- ✓ 1 ½ Tablespoons rice vinegar
- ✓ 2 teaspoons chopped fresh cilantro
- ✓ 4 lime wedges

## Directions:

1. Preheat broiler on High. Combine olive oil, cumin, and paprika in small bowl and coat evenly on fish.
2. Arrange fish on baking sheet and broil for 7-10 minutes or until fish flakes easily with fork.
3. Meanwhile, combine pineapple, onion, tomato, vinegar, and cilantro in large bowl, stirring gently.
4. Serve pineapple mixture on fish, top with fresh squeezed lime, and enjoy!

## Nutrition Facts:

## Lifestyle Tips:

<b>Nutrition Facts</b>	
Serving Size (230g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 9g	
<b>Protein</b> 30g	
Vitamin A 6%	Vitamin C 25%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tilapia is a low total fat, low saturated fat, low calorie, low carbohydrate and low sodium protein source. It is also an excellent source of phosphorus, niacin, selenium, vitamin B12 and potassium.

The broiled Tilapia can be replaced with another type of lean protein such as chicken if you are not fond of fish.