

Too-Stuffed Tilapia Tacos 8 Tacos

16 oz fresh-caught tilapia
8-count package of whole wheat tortillas
2 cups cabbage (300 g)
1 can black beans
1 bottle pineapple salsa
1 lime

Recipe: 1904 g, 2376 calories, 168 Pro, 308 Cho, 60 fat, 4016 Na
Serving: 1 taco/238 g, 297 calorie, 21 Pro, 39 Cho, 8 fat, 502 Na



Collin Bryant and Ryan Phillips



Preparing “Too-Stuffed Tilapia Tacos” at home is simple. To begin cooking, pour 1 oz extra virgin olive oil into medium heat pan. Place Tilapia strips (approx. 2 oz per taco) into pan, season with salt and pepper to taste. While waiting, place taco shells in microwave to heat and soften. You can also use the microwave to heat the black beans at the same time.

When the fish begins to flake or fall apart, remove pan from heat. Squeeze fresh lime over filets to prevent scurvy and add flavor. Place tilapia in shells, add beans, cabbage and salsa. You now have a tasty, quick and healthy meal.

Fantastic Fish

- *Low fat, low cholesterol, low calorie food
- *Helps fight high blood pressure, cancer and depression
- *Great source of B-12, Niacin and Phosphorous
- *Aids cognitive abilities
- *Packed with protein