



## Ginger Garlic Tilapia With Summer Squash Wedges

### Ingredients For Tilapia

- 5 tilapia filets
- 3 minced garlic clove
- 4 oz finely grated ginger
- 8 green onions (diced)
- 2 tablespoons unsweetened shredded coconut
- 2 tablespoons of liquid aminos
- 2 tablespoons of coconut oil

### Directions

1. Heat 1 tbsp of coconut oil in skillet over medium heat.
2. Once oil has melted, add 2 or 3 tilapia fillets to skillet and cook for 2 minutes.
3. Flip tilapia and add ginger, garlic, and shredded coconut to the top of each fillet and let cook for 1 minute.
4. Spread 1 tbsp liquid aminos on the fillets and cook for another minute.
5. Flip fillets one more time, add green onions and cook for another minute.



### Ingredients For Squash

- 1/2 summer squash
- 1 tablespoon olive oil
- Paprika, sea salt & freshly ground pepper (to taste)

### Directions

1. Turn oven to broil. Arrange rack so baking pan is close to heat.
2. Cover baking pan with aluminum foil and set aside.
3. Cut squash into thick wedges about one inch thick.
4. Place wedges in a Ziploc bag and add the rest of the ingredients.
5. Close bag and shake it thoroughly.
6. Place wedges in a single row in the center of the baking dish and broil for 5 minutes or until golden.
7. Carefully flip each wedge and broil for another two minutes.



Calories: 264

Proteins: 27.1 g

Carbohydrates: 3.75 g

Fats: 17 g

\* Calories and macros are calculated for 1 serving