

SPICY BAKED TILAPIA WITH CRANBERRY BEANS

Cranberry beans are not related to cranberries. These beans have a mild, nutty flavor and are a great source of protein, fiber, folate, potassium, and iron. Soak them overnight to begin dissolving starches that can cause - ahem - digestive issues.

INGREDIENTS

- Tilapia
- Cranberry Beans (*I use Bob's Red Mill.*)
- 30g Raw Almonds
- Salt-Free Seasoning (*I use Salt-Free Mrs. Dash Original Blend, Chili Powder.*)
- Calorie-Free Barbeque Sauce (*I use Walden Farms Thick & Spicy Barbecue Sauce.*)



INSTRUCTIONS

- Step 1 ///**
Soak beans overnight.
- Step 2 ///**
Cook beans according to package directions.
- Step 3 ///**
Bake tilapia at 400° for about 40 minutes or until it flakes easily with a fork. Serve with almonds and barbeque sauce.

NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
TILAPIA	100	26.0	0	2.8	129
BEANS, CRANBERRY STYLE	150	16.3	40.8	0.8	236
ALMONDS	30	6.4	5.9	15.2	186
▶ TOTAL		49.0	47.0	19.0	551