

TILAPIA SALAD

We're definitely keeping things simple today. Change up the protein in your lunch salad from chicken to tilapia and add a different flavor of dressing. Boom! It's a whole new meal.



INGREDIENTS

- 1 Tbsp Olive Oil
- 200g (When Cooked) Tilapia
- 150g Iceberg Lettuce
- 50g Cucumber
- 50g Green Bell Pepper
- 50g Pickles (*I use Claussen Sandwich Slices, Hearty Garlic Deli Style.*)
- 2 Tbsp Calorie-Free Dressing (*I use Walden Farms Calorie-Free Caesar Dressing.*)

INSTRUCTIONS

Step 1 ///

Preheat a pan at medium-high heat. Once heated, add oil and tilt the pan to spread the heated oil.

Step 2 ///

Sprinkle both sides of tilapia with salt and pepper to taste. Place tilapia in pan and cook for 2-3 minutes per side, until it flakes with a fork and is opaque.

Step 3 ///

Cut tilapia, cucumber, bell pepper, and pickles into bite-size pieces. Combine all ingredients in one bowl. Top with dressing.

NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
TILAPIA	200	52.0	0	5.6	258
ICEBERG LETTUCE	150	1.2	4.2	0.6	27
CUCUMBER WITH SKIN	50	0.2	1.0	0.2	7
PEPPERS SWEET GREEN	50	0.4	2.4	0.2	13
PICKLES	50	0	1.8	0	7
OLIVE OIL	1	0	0	0	0
CALORIE-FREE DRESSING	2	0	0	0	0
▶ TOTAL		54.0	8.0	7.0	305

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