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Tilapia Tacos

Ingredients:

4 corn tortillas (Ezekiel tortillas are also an excellent choice!)
4, 3-4 oz tilapia filets
1 tbsp coconut oil
1 avocado
1/2 cup sliced red cabbage
1 lime
1 tsp each of garlic powder, onion powder, cumin, cayenne, paprika, and chili powder
1/4 cup chopped cilantro

Directions:

1. Set oven to 375 degrees, wrap tortillas in foil and warm in oven while cooking tilapia.
2. Heat coconut oil in medium pan over medium heat.
3. Season tilapia filets evenly with all spices.
4. Place filets in pan and cook 3-4 minutes each side, or until cooked thoroughly.
5. Once tilapia is fully cooked, assemble tacos: Place one tilapia filet in each corn tortilla with 1/4 sliced avocado, red cabbage, and garnish with cilantro and lime.

Note: Add 1 tbsp fat- free plain Greek yogurt for a great sour cream alternative!