

BLACKENED TILAPIA WITH ZUCCHINI NOODLES

Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 4 servings, 1 fillet each

Nutrition (per serving)

Calories: 203

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 522 mg

Total Carbohydrate: 8 g

Protein: 34 g

PREP TIME: 20 min

COOK TIME: 10 min

TOTAL TIME: 30 min



Ingredients

2 large zucchini (about 1 1/2 pounds)

1 1/2 tsp ground cumin

3/4 tsp salt, divided

1/2 tsp smoked paprika

1/2 tsp black pepper

1/4 tsp garlic powder

4 tilapia fillets (6 oz each)

2 tsp olive oil

2 garlic cloves, minced

1 cup pico de gallo

Directions

1. Trim ends of zucchini. Using a spiralizer, cut zucchini into thin strands.
2. Mix cumin, 1/2 tsp salt, smoked paprika, pepper and garlic powder. Sprinkle generously onto both sides of fish fillets.
3. Heat oil in large nonstick skillet over medium high heat. Cook tilapia until fish just begins to flake easily with a fork, about 2-3 minutes on each side. Remove from skillet; keep warm.
4. In the same skillet, cook zucchini with minced garlic over medium high heat until slightly softened, about 2 minutes, tossing constantly with tongs. Don't overcook. Sprinkle with remaining salt.
5. Serve zucchini with tilapia and pico de gallo.